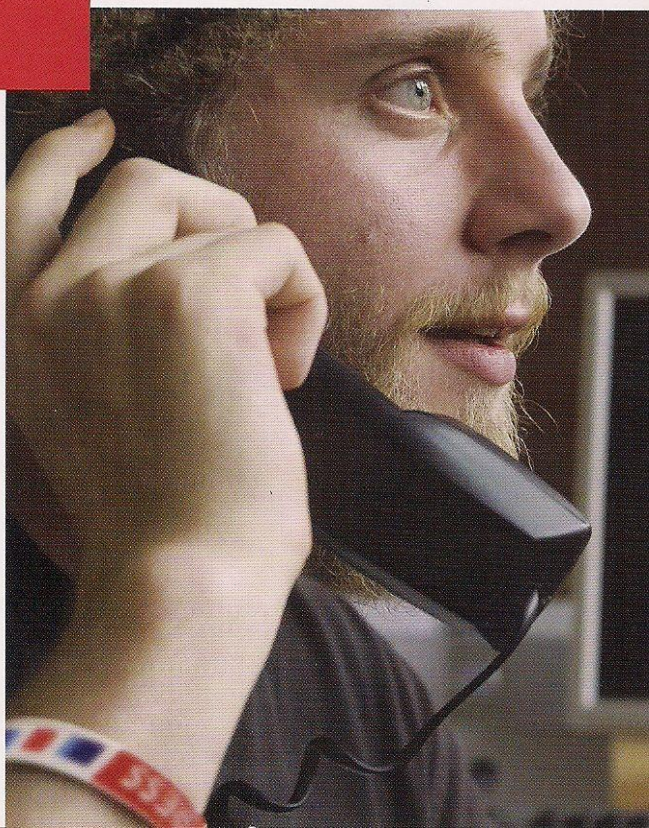
  
**COMBAT  
STRESS**

**24-HOUR  
HELPLINE**  
**0800 138 1619**

**HELP  
AND  
SUPPORT  
24/7**

If you serve, or have served your country, as a Regular or a Reservist, the Combat Stress Helpline is just a call or a text away... 24 hours a day, 365 days a year.



HEALING WOUNDED MINDS

At Combat Stress, we know that serving your country can take its toll. So we're using our expertise of supporting Veterans suffering from mental ill-health, to provide a 24-hour Helpline for the whole military community.

## **Who is it for?**

If you're currently serving, or have served in the UK Armed Forces, you can use the Helpline. If you are a family member or carer worried about a loved one, or if you are suffering yourself... you can use it too.

Whoever you are, if you have trouble sleeping, get flashbacks, feel depressed, get anxious sometimes, or just feel that something's not quite right... please get in touch.

**Don't suffer in silence – talk to the Helpline.**

*“The Helpline provides a vital service at the loneliest and darkest time of the day”*

Ken, a Helpline caller

## How it works

The Helpline's professional, trained staff will listen and support you, or they may refer you on to another organisation that can help.

The Helpline can provide emotional support for other issues too, such as money worries, substance abuse or relationship problems.

## How to contact the Helpline

Free call **0800 138 1619**, text **07537 404 719**  
or email **combatstress@rethink.org**

(standard charges may apply for texts, please check with your provider). The Helpline is open **24 hours per day, 365 days per year.**

## Who runs the Helpline?

It's run by Combat Stress, the UK's leading charity specialising in the care of Veterans' mental health. It's delivered by Rethink Mental Illness, the leading national mental health membership charity.

## Keeping your details safe

We won't share personal information about you unless we have your permission, or we have to because of our duty of care to protect your health, safety and well-being and that of others.

Calls to the Helpline are free, but if you call from a mobile phone your provider may charge and the call might appear on your bill.

**Don't suffer in silence - talk to the Helpline.**

**CALL 0800 138 1619**

**TEXT 07537 404 719**

**OR EMAIL [www.combatstress@rethink.org](mailto:www.combatstress@rethink.org)**

*"The Helpline is vital to the mental well-being of the Forces community and vital to keeping us safe. Please keep it going."*

Ken, a Helpline caller



Ex-Services Mental Welfare Society. Company registered in England and Wales No. 256353.  
Charity registration no. 206002. Charity registration Scotland no. SC038828  
Rethink Mental Illness charity registration no. 271028