

National Helpline	How they can help	Contact details
<b>Combat Stress</b> 24 hours a day	Confidential help and advice about service-related mental health issues for the whole military community, including families	Call: 0800 138 1619 or Text: 07537 404719 helpline@combatstress.org.uk www.combatstress.org.uk
<b>SSAFA Forcesline</b> Mon to Fri 09.00 - 17.30 hours	Confidential helpline that provides a supportive, listening and signposting service for serving personnel, former members of the Armed Forces and their families	0800 731 4880 www.ssafa.org.uk/get-help/forcesline
<b>Help for Heroes</b>	Providing lifelong support to service personnel and military veterans with injuries, illnesses and wounds sustained while serving in the British Armed Forces	01206 814880 helpforheroes.org.uk/get-support/
<b>The Royal British Legion</b> Everyday 08:00 - 20:00 hours	Assisting with finance, independent living, recovery, housing and employment, for the whole family	0808 802 8080 www.britishlegion.org.uk
<b>Samaritans</b> 24 hours a day	Confidential emotional support for people who are experiencing feelings of distress, despair or suicidal thoughts	116 123 www.samaritans.org
<b>Veterans Gateway</b> 24 hours a day	Putting veterans and their families in touch with the organisations to help with healthcare, housing to employability, finances, personal relationships and more	0808 802 1212 www.veteransgateway.org.uk
<b>Big White Wall</b> 24 hours a day	An anonymous, digital mental health service, free for serving personnel, veterans, family members and carers	www.bigwhitewall.co.uk



## LOCAL SUPPORT FOR ARMED FORCES VETERANS IN WORCESTERSHIRE

Worcestershire has a large Armed Forces veteran community living in the county. There are a range of dedicated services available locally and nationally for veterans to access, particularly in times of need.

If you have served one day or more in HM Armed Forces: Royal Navy, Army or Royal Air Force (including National Service), local support is on hand.

Worcestershire's Armed Forces Covenant Partnership is committed to ensuring fair access to a wide range of services, through independence and dignity, fairness and respect, to those who have served their country.

In partnership with  

**worcestershire**  
 county council

To find out more about the Armed Forces Covenant visit:

[www.armedforcescovenant.gov.uk](http://www.armedforcescovenant.gov.uk)

or alternatively

[www.worcestershire.gov.uk/  
partnership/armedforces](http://www.worcestershire.gov.uk/partnership/armedforces)

Email:  
[wafcc@worcestershires.gov.uk](mailto:wafcc@worcestershires.gov.uk)

## Local support available in Worcestershire

Organisation	How they can help	Contact details	
<b>Armed Forces Veteran Breakfast Clubs</b>	Provide a safe environment where fellow-minded serving and veterans can meet face to face over a cuppa and breakfast to put the world to rights/point them in the right direction if they need help	Worcester: 07551 240486 info@worcesterafvbc.co.uk	Kidderminster: 0740 2811217 kidderminsterafvbc@gmail.com www.afvbc.net
<b>Blind Veterans UK</b>	Help for ex-service men and women of every generation rebuild their lives after sight loss	0300 111 2233 www.blindveterans.org.uk	
<b>Help For Heroes</b>	Provide lifelong support to service personnel and military veterans with injuries, illnesses and wounds sustained while serving in the British Armed Forces	01206 814880 www.helpforheroes.org.uk/get-support	
<b>Joining Forces Age UK</b>	Provide personalised support for older veterans focussing on social, practical and economic needs. Information, advice, guidance and support planning. Promotes wellbeing and independence	0800 008 6077 Veteranswellcheck@ageukhw.org.uk www.ageukhw.org.uk	
<b>Remember Veterans: YSS</b>	Individually tailored support for veterans involved in the criminal justice system to help access sustainable independent living without reoffending	07773 930149 Lisa.burnett@yss.org.uk	
<b>The Royal British Legion</b>	Welfare services to assist with finance, independent living, recovery, housing and employment. We also offer respite in holiday breaks and residential/dementia care services in our 5 care homes	0808 802 8080 www.britishlegion.org.uk	
<b>SSAFA Worcestershire</b>	Supporting serving personnel, veterans, and their families. From housing and welfare support to specialist mentoring and adoption service	01905 21728 Worcestershire@ssafa.org.uk	www.ssafa.org.uk
<b>Stepway, Worcester</b>	Supporting veterans who struggle with adapting to civilian life. Providing a 7-step civilian skills programme. Runs every Thursday at the Trinity, Worcester	075397 54457 dawn@stepway.org www.stepway.org	
<b>Veterans UK</b>	Administers the Armed Forces pension schemes and compensation payments for those injured or bereaved through service. Also provide welfare support to veterans and their families	0808 1914218 www.veterans-uk-vws-wales-mid@mod.uk	
<b>Veterans' Mental Health Transition, Intervention and Liaison Service</b>	A local and regional NHS service for veterans from specialist staff in mental health who have an expert understanding of the Armed Forces	0300 323 0137	

### Other useful contacts

#### Homeless Link

0808 800 444  
www.homeless.org.uk

#### Find a Food Bank

Trussell Trust  
01722 580 180  
www.trusselltrust.org/get-help/find-a-foodbank

#### Citizens Advice Bureau

03444 111 444  
www.citizensadvice.org.uk