

Useful Numbers:

Combat Stress

Tel: 0800 138 1619

24-hour helpline for veterans seeking support for mental health problems

SSAFA Forcesline

Tel: 0800 731 4880

Experienced civilian staff provide a supportive, listening and signposting service for serving personnel, veterans and their families.

Veterans UK

Tel: 0800 169 2277

Free help and advice about pay, pension and support services for people who have served in the armed forces.

Gingerbread

Tel: 0808 802 0925

Information and support for single parent families.

No Panic

Tel: 0844 967 4848

Freephone line for people suffering with anxiety.



Service Personnel and Veterans Agency



VETERANS' GATEWAY

ssafa

Lifelong support for our Forces and their families

COMBAT STRESS
FOR VETERANS' MENTAL HEALTH



If you need help to understand this leaflet or would like it in a different language or format such as large print, Braille or audio, please ask a member of staff.

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Leicestershire Partnership
NHS Trust

Armed Forces

Information leaflet



@LPTArmedForces

We are working to ensure that the Armed Forces community receives the right support at the right time, in accordance with the Armed Forces Covenant. Please tell your GP or health professional of your connection to the Armed Forces, as this may support with the care you receive.

For more information, please contact:
LPTArmedForces@leicspart.nhs.uk
Tel: 07920 708979

Please use this leaflet as a step by step guide to accessing services you might need. If you have served in the British Army, please contact your local Regimental Association for guidance.

Transition, Intervention and Liaison Mental Health Service (TILS)

Referral or self-referral contact: 0300 3230137 (open 24 hours)
Emotional support line in association with Mental Health Matters: 0300 3230139 (open 24 hours)

Veteran's Gateway

Run by the Royal British Legion, Veterans' Gateway provides a single point of contact for veterans seeking advice and support.
Telephone: 0808 8021212
Text: 81212

NHS Choices

For further information on support available to the Armed Forces, visit <http://www.nhs.uk> and search for Armed Forces.

Early Start Team for Families

Support for first time parents
Leicester City: 0116 225 4857
Leicestershire County and Rutland: 01509 564 253
For any Armed Forces related matters, please contact:
LPTArmedForces@leicspart.nhs.uk
Telephone: 07920 708979

LPT Armed Forces Drop-In

(Involvement Centre)
This service is for those who need support to identify services and organisations that may help them. The drop-in is run by volunteers who have been through similar experiences themselves and want to support veterans and their families living in Leicestershire and Rutland. You can book an appointment or simply drop in.
Open Fridays 10:30am - 2:30pm
Email: LPTArmedForces@leicspart.nhs.uk
Telephone: 0116 225 2719
Twitter: @LPTArmedForces

SSAFA Forcesline

A free, confidential telephone helpline/email service providing support for serving/ex-service men and women (regulars and reserves) and their families.
SSAFA is an independent charity - they listen and do not judge, provide factual information and signpost ways forward for you.
Telephone: 0800 7314880 (10:30 - 19:30pm, Mon - Fri)
Website: www.ssafa.org.uk (for email service)

Chathealth - text a public health nurse (health visitor/school nurse)

For confidential advice about parenting, your child's behaviour, child development, emotional health and wellbeing, or just for general queries about your child's health.
In Leicester text: 07520 615381
In Leicestershire and Rutland text: 07520 615382

Armed Forces and Veterans Breakfast Clubs

Meet other veterans over breakfast in a relaxed, safe and social environment, at different locations across Leicestershire. No subs or fees, just pay for your own breakfast.
For a list of local Breakfast clubs please visit:
www.leicspart.nhs.uk/LPTArmedForces

Combat Stress

Combat Stress supports veterans with a wide range of mental health issues. They offer services based on individual need, such as community outreach to bring clinical care and welfare support to veterans in their local areas.
Email: helpline@combatstress.org.uk
Telephone: 0800 138 1619
Text Service: 07537 404 719
www.combatstress.org.uk

Soldiers, Sailors, Airmen and Families Association (SSAFA)

SSAFA provide health and social services e.g. to help with housing and travel support. They also support veterans in the prison service, as well as their families.
Telephone: 0116 251 1033
Email: leicestershire@ssafa.org.uk

Help for Heroes

Providing lifelong support to Service Personnel and Military Veterans with injuries, illnesses and wounds sustained while serving in the British Armed Forces. Contact Chavasse VC House on: 01206 814880
Email: getsupport@helpforheroes.org.uk

Skillforce

The SkillForce Veterans' programme supports individuals who are involved with the police, courts and prisons. They provide a veteran to veteran mentoring service which offers individuals the chance to talk, listen, share and think about the things that are real to them with someone who 'gets them'.
Email: veterans@skillforce.org
Telephone: 07962 706993

For other services relating to benefits and housing, please ask to speak to an Armed Forces Champion at your Local Authority or Job Centre Plus.