

**ARE YOU A VETERAN?
WE CAN HELP WITH
YOUR MENTAL HEALTH.**

We are the UK's leading charity for veterans' mental health. Our **free 24-hour Helpline** provides confidential mental health advice.

You, your family, friends or carers can contact us anytime, day or night, for help and support.

Call 0800 138 1619

Text 07537 404 719*

Email helpline@combatstress.org.uk