

[Back to listing](#)



Themes: Advocacy, , , Mental Health

Aimed at: Adults 18+, Veterans

We are Combat Stress, the UK's leading charity for veterans' mental health. For over a century, we've helped former servicemen and women with mental health problems such as post-traumatic stress disorder (PTSD), anxiety and depression.

Today we provide specialist treatment and support for veterans from every service and conflict, focusing on those with complex mental health issues.

The work we do is life-changing and often life-saving. No one else does what we do.

Our unique services

During the COVID-19 pandemic, the need for our specialist services remains critical.

Although our clinical staff are unable to meet veterans in person, we have adapted and enhanced our phone and digital services to provide 1-1 therapy sessions, introduced a range of online resources on our website and offered access to our online peer support community.

Please be aware that while we are taking new referrals in Scotland and Northern Ireland, after a temporary pause while we reconfigured, we are beginning to take on small numbers of new referrals in England and Wales until we are able to take

more.

Our 24-hour Helpline 0800 138 1619 remains available to all veterans and their families for confidential mental health advice and support.

Demand remains constant

Since 1919 we have provided support to veterans from every Service and every conflict. Our support is vital to those who turn to us at their darkest hour. For many, this is years after leaving the Armed Forces – on average, it takes a veteran 13 years to ask for our help after leaving Service.

Your donations help our veterans

For every £1 donated to Combat Stress, 81p is spent on vital treatment, care and support. Your donation will empower veterans, rebuild families and save lives.

Our vision

Our vision is for all former servicemen and women with complex mental health problems to live full and meaningful lives.

Our mission

Our mission is to provide support and treatment to veterans with complex mental health problems to help them tackle the past and take on the future.

Our values

Together: We are united in purpose, collaborative in action.

Focused: We're clear about what we will and won't do to deliver the best outcomes.

Bold: We'll do and say what we must to achieve our organisation's vision.

Personal: We respect diversity and appreciate everyone's individual needs and talents.

GET HELP

Area: Bassetlaw

Contact Details

Tyrwhitt House (Head Office)
Oaklawn Road
KT22 0BX
helpline@combatstress.org.uk
0800 138 1619
<https://combatstress.org.uk/>

[Back to Listing](#)