Veteran Support information Directory

Support Services for Veterans

Combat Stress, the UK’s leading charity for veterans’ mental health

If you have served or are currently serving in the UK Armed Forces, you can call the free

Combat Stress’ 24-hour mental health helplines. A team of specially-trained professionals are

available day and night to provide free confidential advice and support.

• Veterans and their families, friends and carers can call 0800 138 1619

You can also text on 07537 173683 and email helpline@combatstress.org.uk

Standard charges may apply for texts, please check with your provider.

• Serving personnel and their families can call 0800 323 4444

MOD Military Mental Health Helpline

For serving personnel and their families.

A 24-hour helpline service for serving troops and their families. This helpline is operated by

Combat Stress. 0800 323 4444

Royal British Legion (RBL)

The Royal British Legion helps members of the Royal Navy, British Army, Royal Air Force,

veterans, and their families. Support starts after one day of service and continues through life,

long after service is over for dependents and carers too.

Contact the helpline team on 0808 802 8080.

Samaritans

The Samaritans are available around the clock – 24 hours a day, 365 days a year.

No matter what you’re going through, you can call. You don’t have to be suicidal.

Call 116 123 for free, any time, on any phone

Togetherall

Togetherall is a safe, online community where people support each other anonymously to

improve mental health and wellbeing.

All armed forces personnel, veterans, and their families (16+) also have free access.

https://togetherall.com/en-gb/

Veterans Trauma Network (VTN)

Despite the name “trauma”, VTN deals with all physical health problems in veterans as a result

of their time in service - from recurrent heat illness to problems after limb loss, from traumatic

brain injury to service-related fertility issues. VTN are closely linked to Op COURAGE: The

Veterans Mental Health and Wellbeing Service and charities such as BLESMA and Blind

Veterans UK so can offer comprehensive care focused around your needs.

Ask your GP to refer you to the VTN at England. england.veteranstraumanetwork@nhs.net

More information can be found:

https://www.nhs.uk/nhs-services/armed-forces-community/veterans-service-leavers-nonmobilised-reservists/

Veterans UK

The MOD’s Veterans UK helpline can provide support with many issues including benefits,

housing and welfare.

Normal opening hours are 8am-5pm, Monday to Friday. 0808 191 4218

Veterans’ Gateway

The Veterans’ Gateway is a useful point of contact for whatever support you need. It’s

available 24/7 and can signpost you to relevant services.

Many of the team are veterans themselves so understand the issues people face after leaving

the armed forces. 0808 802 1212

[www.veteransgateway.org.uk](http://www.veteransgateway.org.uk)

Walking with the Wounded

Walking with the wounded (WWTW) delivers employment, mental health, care coordination

and volunteering programmes in collaboration with the NHS. WWTW’s purpose is to get those

who served, and their families, whether mentally, socially, or physically wounded, back on their

feet and making a positive contribution once more. We believe that those who served,

deserve.

01263 863 900

<https://walkingwiththewounded.org.uk>

Combat Stress

Provides mental health support to those who have been in the armed forces.

Our aim is to treat veterans’ symptoms and improve their quality of life. We want to help veterans tackle their past and take on the future.

Veterans with complex mental health conditions need a specialist team made up of different mental health professionals to help them and we provide this. Our clinicians work closely with each other and the veteran to develop a treatment plan that best suits their needs.

Tel: 0800 138 1619

Text: 07537 173683

Email: [helpline@combatstress.org.uk](mailto:helpline@combatstress.org.uk)

Website- <https://combatstress.org.uk/about-us>

First Light Trust

Provides a range of support to veterans and their families with things like housing, benefits, getting the right medical treatment and volunteering..

Tel: 0207 730 7545

0808 802 1212

SSAFA

Provides support for military families, supporting older veterans, welfare benefits, disability and mental health.

Tel: 0800 260 6767

0800 731 4880

Website: <https://www.ssafa.org.uk/>

Help for heroes

If you’re in pain, or if you feel anxious, stressed or lonely, we can help.

We offer a wide range of support, whether you’re having money troubles, or need support with housing or applying for benefits.

You might just need a listening ear. We can provide that too. Start your recovery journey today by getting in touch.

Website: <https://www.helpforheroes.org.uk/>

Local support Groups

Middlesbrough Armed Forces and Veteran Breakfast club-

Supportive and friendly haven for veterans in the Middlesbrough area.

Cinnections Communication Café

121-133 Linthorpe Road

Middlesbrough

TS1 5DE

Club Contact number- 01642 243552

Meeting times- First Saturday of the month 10am

Northallerton Armed Forces and Veteran Breakfast club-

Supportive and friendly haven for veterans in the Northallerton area.

The Buck Inn (Wetherspoons)

237-238 High Street

Northallerton

North Yorkshire

DL7 8LU

Contact number 07790097611

Email [yorksrichmond@outlook.com](mailto:yorksrichmond@outlook.com)

Website: https:www.facebook.com/groups/afvbc.northallerton

Admin: Michael Crisp

Meetings held: Every Saturday from 8:30am onwards

Veterans Café:

10am-12pm (Every Wednesday)

Creative Coffee Shop, Northallerton Yorkshire Police, Alverton Court, Northallerton, North Yorkshire, DL6 18F

Starting 17th November 2021, the Veterans Café encourages veterans of all forces to come along, share their experiences and socialise with other veterans. The Veterans Group also regularly takes trips out to various museums and other local sights.

North Yorkshire Talking Therapies- <https://northyorkshiretalkingtherapies.co.uk/veterans/>

Self referrals can be made through the website.

Mental illness is common and can affect anyone, including serving and ex-members of the armed forces and their families.

While some people cope by getting support from their family and friends, or by getting help with other issues in their lives, others need clinical care and treatment, which could be from the NHS, support groups or charities.

Although it’s completely normal to experience anxiety or depression after traumatic events, this can be tough to deal with.

Address:  
North Moor House  
North Moor Road  
Northallerton  
DL6 2FG

Telephone:  
01609 768890

Age UK North Yorkshire and Darlington

Provides a range of services for those over 55, including social groups, benefits checks and advice. Tel: 01609 771624