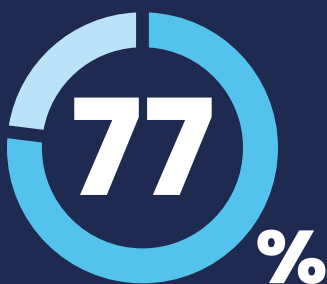
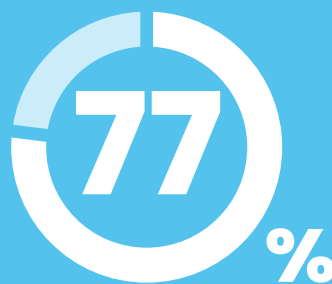


VETERAN HEALTH STATS

HELP for HEROES



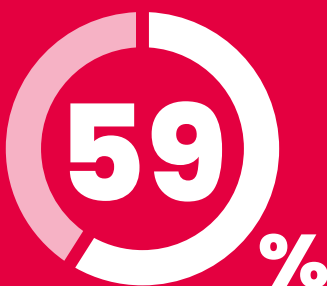
77 per cent of our help-seeking cohort report **regular sleeping disruptions** which have a significant impact on their daily life¹.



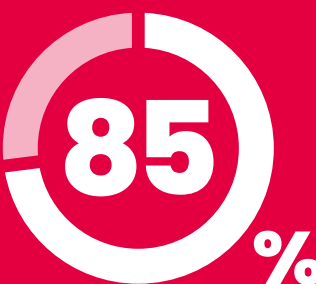
Between 2021-2023, 77 per cent of our cohort reported they had **physical injuries or conditions**⁴.

Suicide risk is 2-3 times higher in veterans under the age of 25 than the general population in the same age group⁸.

On average, veterans who approach Help for Heroes wait **12.3 years** after exiting service **before seeking help**⁹.

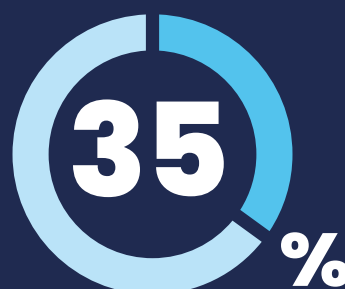


59 per cent of our help-seeking cohort reported having previous mental health support **and** physical health injuries or conditions².



85 per cent of our surveyed cohort struggle with their **mental health** every day⁵.

Under half (43%) of veterans across the UK feel **ready for life after service**⁶.



35 per cent of veterans in England and Wales report their **day-to-day activity is limited** a little or a lot by their **physical or mental health**¹⁰.

Musculoskeletal

conditions are widely reported to have been the main cause of medical discharge from the Armed Forces in the past five years³.



50 per cent of the Armed Forces community said leaving the military caused them to **feel lonely** and/or **socially isolated**⁷.

As of the end of 2022/23 financial year, **Help for Heroes** had supported just under **26,000** veterans and family members¹¹.

1, 2, 4: Help for Heroes (2023) One Team Assessment, Eclipse Case Management: Number of veterans (1)yes=1260; (2) (yes, yes= 955); (4) (yes n=1249).
3: MOD(2024) Annual medical discharges in UK Regular Armed Forces. 5: Veterans and serving personnel with long-term health conditions who completed our 2022 survey.
6: Preparedness to leave the UK armed forces: Veterans' Survey 2022, UK - GOV.UK. In total, there were 28,957 veteran respondents. 7: Loneliness and Social Isolation in the Armed Forces Community (2018) by the Royal British Legion. RBL survey respondents n= 4897. 8: Suicide bereavement and loneliness among UK Armed Forces Veterans under the care of mental health services: Prevalence and associations (2023) by Abrantes and Pitman. 9: Using 9751 records from Help for Heroes Eclipse case management system. 10: UK armed forces veterans: Census 2021 in England and Wales - Office for National Statistics. 11: By the end of 2022/2023 a total number of 25,997 people had ever had an 'open' classification on Eclipse (our case management system). This includes people who have previously accessed support, are receiving Bandstand newsletters and those who are part of the Band of Brothers / Band of Sisters fellowship.