

**HLP for
HEROES**

**LIFE-CHANGING SUPPORT
FOR AS LONG AS IT TAKES**



**WHETHER
YOU NEED
PRACTICAL
OR EMOTIONAL
SUPPORT
– OR JUST
SOMEONE
WHO GETS IT –
HELP IS HERE,
WHENEVER
YOU'RE READY**

3 SIMPLE STEPS TO GET SUPPORT

STEP 1

Register with us by completing our simple online Ask for Help form on our website at helpforheroes.org.uk/application/

If you would like some help completing the form, please call our friendly Helpline team on **0300 303 9888**.

You will be asked some basic information about yourself and how you prefer to be contacted by us. We aim to process your application within 10 working days.

STEP 2

One of our team will contact you to talk through your needs and support you throughout this process.

STEP 3

In the meantime, you could take a look at the wide range of self-help guides provided by our Recovery College – it's a great way to start your journey whilst you wait.

helpforheroes.org.uk/get-help/recovery-college



WAYS WE CAN SUPPORT YOU AND YOUR FAMILY

If you've served in the British Armed Forces or have worked under UK command as a Regular or Reservist, we can support you, and your family, no matter when, where or how long you served.

Working in people's homes, communities and online, we can tailor support specific to yours and your family's needs. This may include:

Mental health support

Hidden Wounds offers a free, confidential range of talking therapy. You can access sessions by telephone or Microsoft Teams video calls.

Grants

During times of hardship, we can provide grants and food vouchers. We also fund specialist mobility equipment or home adaptations.

Clinical support

Whether you're looking for clinical support to aid your recovery, or you have more complex needs like 24-hour care, our team can help provide the right support.

Skills and training

Our Recovery College provides bespoke training courses which can help you and your family find a pathway to a healthy, purposeful, and secure life.

Case management

We can help you create a plan and coordinate internal and external support to make sure you get the right help for your physical and mental health, as well as social, financial and welfare needs.



SPORT AND SOCIAL ACTIVITY – CONNECT WITH YOUR COMMUNITY

Being with people who understand you and who've shared your lifestyle and experiences is so important.

That's why our team of Community Builders work across the UK to help set up free activities and events in your local area so that you can meet others who get you and connect with your local community.

HOW YOU CAN GET INVOLVED

Help for Heroes Cafes and Community Activities

If you fancy a brew and a chat, we run free coffee mornings. Here, you can connect with veterans and families and meet your local Community Builder who can tell you more about how we can support you and the activities you can get involved with.

Community Sports Series

If you're looking to challenge yourself, get competitive, or take part in team sports our Community Sports Series events offer an inclusive, accessible way to connect with like-minded individuals and get active.

Help for Heroes Clubs

Our national sports teams are welcoming and accessible to individuals of all abilities and backgrounds.

Coaching Academy

Looking to develop your skills and give something back to your community?

Our Coaching Academy, run in partnership with UK Coaching, enables you to train for a sports coaching qualification.





“Being among the Armed Forces Community and the Help for Heroes team allows me to discuss the things others often don’t understand.”

Chloe, veteran



GET IN TOUCH

0300 303 9888

**[helpforheroes.org.uk/
get-help](https://helpforheroes.org.uk/get-help)**

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