




THERE ARE MORE THAN 2 MILLION VETERANS LIVING IN THE UK.

And Help for Heroes is
here to support every single
one of them facing challenges.

Find out inside how we can support
veterans and their families living
in your community.

HELP for
HEROES



At Help for Heroes, we work alongside statutory services to ensure that veterans and their families are getting all the care they need.

We provide tailored, holistic and integrated support that isn't available in one place anywhere else. It doesn't matter where or when someone served, or how long for. Their injuries or illness don't need to be as a result of their time in service.

Our support covers:

- **physical healthcare**, such as helping veterans with pain and musculoskeletal injuries
- **mental health support**, including depression, anxiety, anger and grief
- **sporting and social activities** to reduce social isolation and improve people's wellbeing
- a **Recovery College** to give people the skills and knowledge to move forward with their life with confidence. Topics our free courses cover include sleep, financial wellbeing, nutrition, pain management, and low mood
- **grants** to pay for help with their care or physical mobility – such as home modifications, wheelchairs and specialised physiotherapy
- **welfare support** to help with benefits, debt, housing, employment, and more
- There is a Help for Heroes **community builder** in your area. These are members of our team who can help veterans get social support, and signpost to other relevant and helpful organisations.

Physical healthcare support

Our qualified nurses and occupational therapists, some of whom served in the military, help people along their healthcare journey, by:

- providing clinical advice and support
- coaching for health
- acting as a link between the NHS, veterans and people serving in the Armed Forces
- attending appointments with the veteran
- translating medical terms to help people understand their condition and treatment options.

Mental health support

Our Hidden Wounds service provides psychological therapies for the Armed Forces community.

Carefully tailored mental health support, including low and high intensity cognitive behaviour therapy (CBT), counselling, psychology and psychoeducation.

Covers a wide range of conditions and scenarios including: anxiety, depression, anger, relationship breakdown, alcohol dependency, grief, and post-traumatic stress disorder.

The service is accredited by the Quality Network for Veterans' Mental Health Services, which is awarded by the Royal College of Psychiatrists.

Sporting and social opportunities to reduce isolation

These are free and UK wide. Inclusive and competitive sport for people of all abilities, as well as leisure and recreational activities.

A chance for veterans and their families to meet other people from a similar background and reduce loneliness which is a common concern amongst veteran populations.

Access to a local Community Builder, who is dedicated to building a network of support and resources around a veteran. And their family.

Recovery College including Self Help guides

Our online courses and self-help guides are co-produced and co-facilitated by our recovery staff, together with veterans and family members with lived experience of the subject matter.

Topics include: pain management, sleep, anger, financial well-being, anxiety and nutrition.



Financial grants

Providing help with financial costs to aid recovery. Could include:

- home modifications
- wheelchairs
- adaptive beds or chairs
- orthotics, such as leg braces, which aren't available on the NHS
- access to therapy, such as specialised physiotherapy
- cost-of-living grants to help people pay for food and energy.

Welfare support through case management

If someone has complex or several needs, they will be assigned a case manager.

These are experts in veterans' welfare issues, who will oversee, co-ordinate and monitor all the strands of someone's support.

Their aim is to inspire and help veterans and their families to live sustainably within their own communities.

They enable access to welfare support, covering issues such as: housing, debt, employment, applying for benefits or the War Pension.

We're asking you to consider Help for Heroes as another option for signposting veterans to. It's not always easy to spot when a veteran needs help due to the culture they have become accustomed to. That's where we come in. Help for Heroes understands the unique health concerns of the Armed Forces community and can work with you to help all veterans live well after service.



For more information call **0300 303 9888**

Scan the QR code or visit **helpforheroes.org.uk/get-help** where you can refer people to us.

HELP for HEROES

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