



HELP for
HEROES

**SO, YOU'RE
LEAVING THE
MILITARY?**

We can help with your 'what next'

- Welfare advice (including housing, employment, benefits, debt, and more.)
- Mental and physical health support
- Grants and financial guidance
- Courses to support your wellbeing
- Community and sports activities

Whenever you're ready, just get in touch:

helpforheroes.org.uk/get-help

Call: **0300 303 9888** (Mon - Fri 9am-5pm)

