

# OUR WOUNDED NEED US NOW MORE THAN EVER. WE MUST NOT FAIL THEM.

The coronavirus pandemic is deeply affecting the mental and physical health of our veterans, service personnel and families. At the same time, our income has dropped, leaving our services at risk.

13 years ago we promised to be here for wounded veterans and their families, for life. It's a promise we have always remained committed to no matter what, but we need your support more than ever so that we can continue to keep it.

Since the start of the pandemic we've experienced a surge in demand for our services and we anticipate this will continue to grow. During the lockdown we saw a 33 per cent increase in those coming forward for mental health support compared to last year and a 30 per cent increase in referrals to our veterans' clinical services.

At the same time, all of our face-to-face fundraising is currently on hold and our income is falling. We're doing everything we can to protect our life-changing services, but we can only keep our promise with your support.

That's why this November, we are launching an urgent appeal.

**PLEASE HELP US  
KEEP OUR PROMISE.**

**HELP for  
HEROES**  
SUPPORT FOR OUR WOUNDED

**£42**

can pay for a veteran to receive advice on issues such as health, housing and their finances from a member of our Welfare Team.

**£100**

can pay for eight veterans to begin their recovery journeys by enrolling to join our Recovery College.

**£500**

can provide a holistic mental health assessment plan for a veteran struggling psychologically.

## WE'VE CONTINUED TO DELIVER MUCH-NEEDED SUPPORT THROUGHOUT THE PANDEMIC.

Since the beginning of this year, we've supported over 2,500 veterans and their families.\*

**53% HAVE COME TO US FOR FINANCIAL SUPPORT**

**46% HAVE COME TO US FOR HELP WITH THEIR MENTAL HEALTH**

**43% HAVE COME TO US FOR SUPPORT TO MANAGE THEIR GENERAL HEALTH**

The needs of our veterans and their daily struggles continue and many will need our support long into the future. But this won't be possible without your help.

\*Between 27 April and 1 July 2020, 259 new people came forward for support with their mental health. This is a 33% increase on the same period last year.

**“Wounded veterans like my Anthony may not be fighting wars anymore, but they are still fighting. It’s a battle that will continue for the rest of their lives – and it’s a battle they simply mustn’t fight alone.”**

Shelley, Anthony Cooper’s mum

In 2010, Anthony was blown up by an IED in Afghanistan.

I’ll never forget the day they told me the news, or the weeks I spent by his bedside in hospital. Day after day I sat there. Again and again, doctors told me he might not make it through.

Anthony lost his legs in the blast, and suffered the worst brain damage the doctors had seen in 25 years. He had to re-learn everything: talking, eating, drinking, sitting up – even how to breathe. Today, you’d never believe he once looked so helpless, covered in tubes and wires.

Help for Heroes has always been there for us. The amazing staff there helped Anthony find new confidence through sport. The way they helped me connect with other families like ours means so much.

13 years ago, Help for Heroes made veterans a promise, to support them for life. So did the British public. Now, I need to ask if you could please help the Charity to keep that promise by making a donation.

Best wishes,

*Shelley*



**“The first time he smiled I burst into tears.”**

**“Now he’s achieved more than anyone expected.”**



**Help for Heroes has been lucky enough to work with some incredible organisations over the past 13 years. We’re doing everything we can to protect our life-changing services, but we can only keep our promise with your support.**

**WE MUST NOT  
FAIL THEM NOW  
PLEASE HELP.**

To find out more head to: [helpforheroes.org.uk/give-support/urgent-appeal/](https://helpforheroes.org.uk/give-support/urgent-appeal/)  
Contact: [corporate@helpforheroes.org.uk](mailto:corporate@helpforheroes.org.uk)

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HEROES**  
SUPPORT FOR OUR WOUNDED