

WHO WE HELP

An insight into those seeking our help



46%

of calls made to our Helpline came from new callers

“

I now understand my mental health and can better cope with any bad thoughts or bad days. I can even do things I never thought I'd be able to do again.”

Army veteran Richard

“

My issues were really hindering my day to day life but treatment from Combat Stress literally changed my life.”

Army veteran Dean

2,000

new veterans were referred to us for our specialist support

21 YEARS OLD

The youngest veteran we supported was 21 years old

96 YEARS OLD

The oldest veteran we supported was 96 years old

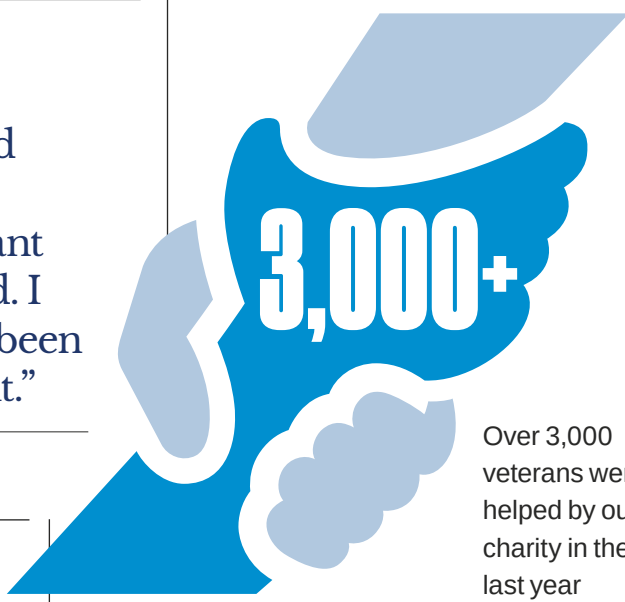
83%

of those who seek our help have served in the Army

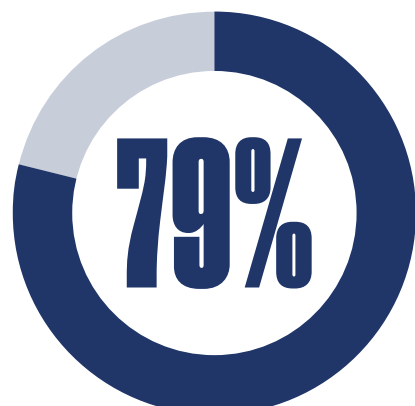
“

Talking about what I'd been through for the first time felt like a giant weight had been lifted. I realised that what I'd been feeling wasn't my fault.”

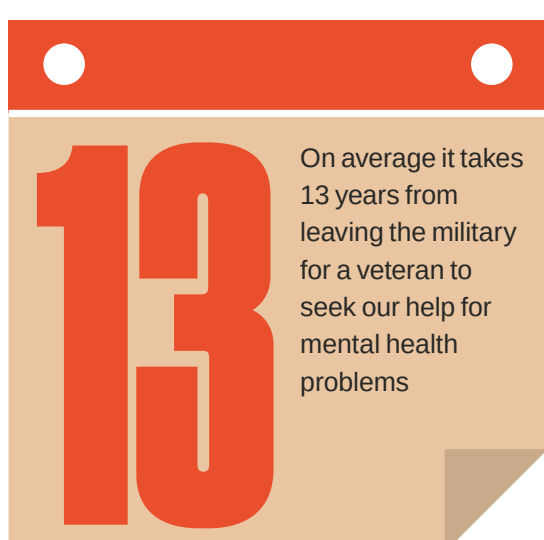
Royal Navy veteran Dave



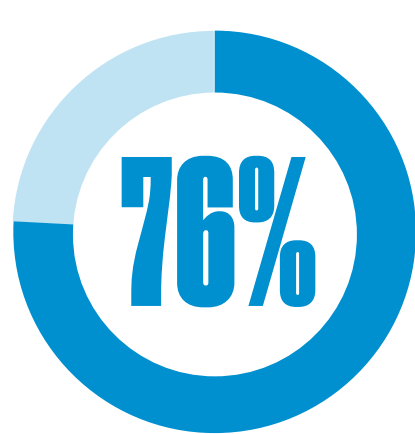
Over 3,000 veterans were helped by our charity in the last year



of the veterans we treat have PTSD and at least two other mental health conditions*



On average it takes 13 years from leaving the military for a veteran to seek our help for mental health problems



of veterans taking part in our six-week PTSD Intensive Treatment Programme saw significant improvement in PTSD symptoms**

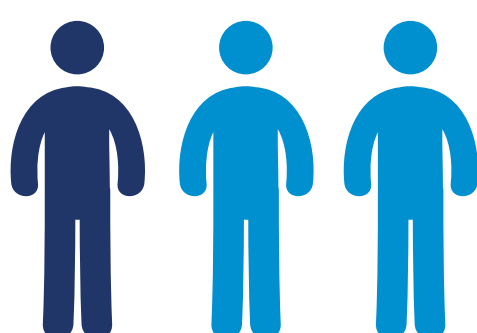
“

I've come on a lot from being suicidal to being able to cope. There's been a definite improvement – people have said to me they've noticed a change in me.”

RAF veteran Robert

32%

of the veterans we support have served in two or more conflicts



All statistics relate to our last financial year unless otherwise stated (1 April 2019 to 31 March 2020).

*Combat Stress research

**Based on a sample of veterans taking part in the programme during our financial year 19–20

Veterans rely on us. And we rely on you.

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combatstress.org.uk/support-us



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FOR VETERANS' MENTAL HEALTH