

OUR YEAR IN REVIEW

2020-21

We provide specialist treatment and support for veterans from every service and conflict, focusing on those with complex mental health issues related to their military service.



**COMBAT
STRESS**
FOR VETERANS' MENTAL HEALTH

Tours to Iraq and Afghanistan left Army veteran Dean with PTSD and in desperate need of help. Our specialist support helped transform his life.

HOW YOU HELP VETERANS



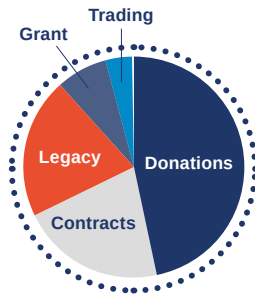
75%

of our funding is made up of donations from supporters.

Our total income in 2020/21 was £12.2m

Donations: £5.7m

This came from donations from committed supporters all over the country, our enthusiastic fundraisers and generous philanthropists as well as strategic partnerships with companies, organisations, Trusts and Foundations.



Contracts and NHS income: £2.6m

This is income we received from NHS Trusts to collaborate and deliver our specialist mental health support for veterans in specific regions.

Legacy income: £2.5m

A fifth of our income came from people kindly donating by leaving a gift in their Will.

Grant income: £0.9m

This income came from grants donated to fund our digital services during lockdown and training in mental health to be provided to other service charities.

Trading and investments: £0.5m

This is income from our online shop and investment portfolio.

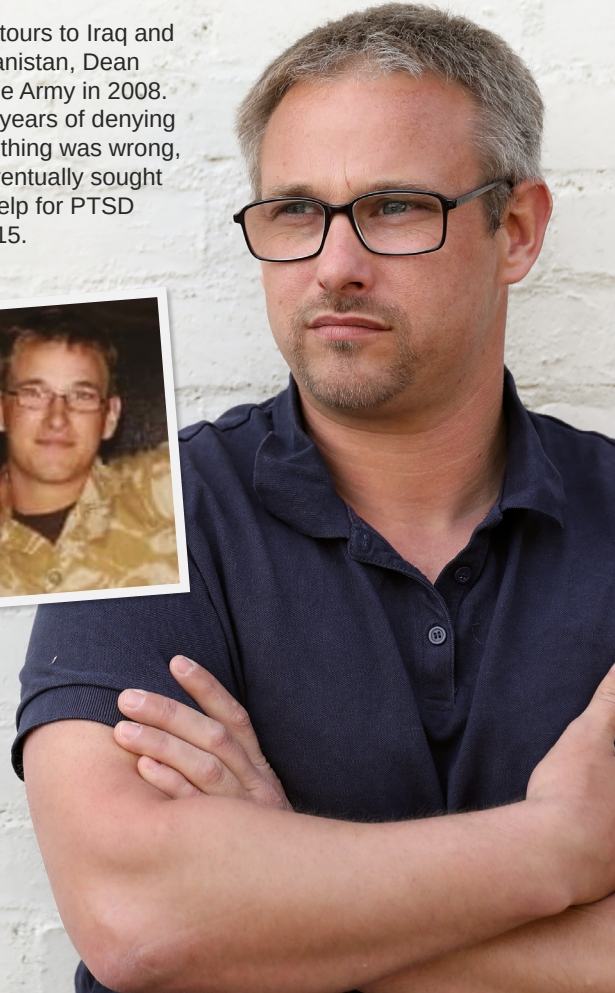
DEAN'S STORY



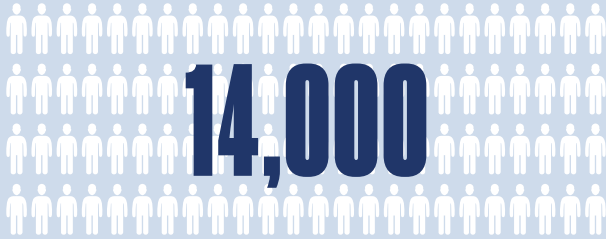
I didn't want to go to bed as I knew the flashbacks and nightmares would come. My mental health issues really hindered my day to day life but treatment from Combat Stress changed everything."

Army veteran Dean

After tours to Iraq and Afghanistan, Dean left the Army in 2008. After years of denying something was wrong, he eventually sought our help for PTSD in 2015.



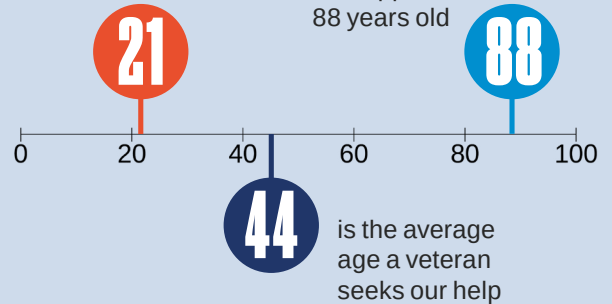
THE DIFFERENCE YOU MADE



Almost 14,000 veterans* benefited from our help.

The youngest veteran we support is 21 years old

The oldest veteran we support is 88 years old



veterans called our Helpline.



veterans accessed our newly developed online self-help resources.



is the number of different conflicts we've supported veterans from this year – this includes Northern Ireland, Afghanistan, Iraq, Bosnia and the Falklands.



is the average time it takes from leaving the military for a veteran to seek our help for mental health problems.



1,334

veterans directly received support from our specialist staff.



family members have benefited from veterans directly receiving our specialist mental health support.

*This is an estimate as it is not currently possible to identify any overlap between veterans using our free open access online self-help resources and the other ways we support veterans.

All statistics relate to our latest financial year (1 April 2020 to 31 March 2021).

THE IMPACT OF YOUR HELP

In 2020/21 we spent* £12.9m on providing specialist services for veterans with complex mental health issues.

£10.4m

on clinical services and our 24-hour Helpline

£2m

raising funds

£0.5m

on building awareness and improving access

For every £1 spent:

81p

supports veteran treatment

15p

is invested in fundraising

4p

raises awareness



£1 = £5

For every £1 we spend on fundraising, we raise £5

Veterans rely on us. And we rely on you. Thank you for your continued support.

*During 2020/21 we spent £0.65m more than we brought in. However this was, in the most part, offset by a reduction in value of the defined benefit pension so overall for the year we had only a small reduction in total funds of just over £0.1m.

JOHN'S STORY



Army veteran John joined up aged 15 in 1969. Several tours of Northern Ireland had a huge impact on his mental health. Treatment helped him to understand his PTSD.



“

Since leaving the Army, I'd been experiencing nightmares and cold sweats and slept in a separate room to my wife. For over 30 years, I'd felt shame and anger that I'd come home and my friends hadn't.

“What I, and my family, learnt about PTSD from Combat Stress was so valuable. It really helped them understand why I was the way I was. And they've been able to support me so much better as a result.”

Army veteran John

2020/21 SERVICES



Our Helpline was available 24 hours a day 365 days a year, and took over 11,000 calls.

We developed and launched online self-help resources covering 11 topics which were accessed by 3,614 veterans.



Online and, when possible, face to face specialist treatment and support was provided for 1,334 veterans.

Our Peer Support Service held 201 virtual meetings, 24 online quizzes and 12 virtual photography sessions; complementing therapy by focussing on long-term recovery and quality of life.



We ran a successful pilot for a new Family Support Service which ensures veterans and their families have the support they need at home.

Our Research Team continued to set standards for veteran care around the world; publishing 20 peer reviewed research papers whilst also evaluating our treatment programmes for refinement and improvement.



For a more detailed look at our Annual Report 2021, please visit: combatstress.org.uk/annual-report

If you'd like to learn more about our work or how to get involved then please get in touch: **Robert Marsh**, Director of Fundraising on **01372 587 151** or at fundraising@combatstress.org.uk or visit combatstress.org.uk

