

COMBAT STRESS AT A GLANCE

WHO WE HELP:

NEARLY **12,500** veterans benefited from our help:

8,241 veterans called our Helpline

2,728 accessed our online self-help resources

1,486 veterans directly received support from our specialist staff

THE NEED FOR OUR SPECIALIST SERVICES REMAINS:

15%
INCREASE
in new veteran referrals in financial year 23-24

44%
INCREASE
in new veteran referrals over the past three years

OUR HELPLINE:

OUR HELPLINE WAS CONTACTED ALMOST **16,000** TIMES DURING THE YEAR

ALMOST **50%** OF CALLS to our Helpline were from new callers

OVER **40%** OF CALLERS got immediate help in emotional support or a listening ear

OVER **40%** OF CALLERS felt their wellbeing was maintained or improved by speaking to us

VETERAN PROFILE:

46 YEARS
Average age a veteran seeks our help

22 YEARS
87 YEARS
Age range of veterans we support

13 YEARS
Average time to seek our help from leaving the military

AFGHAN & IRAQ VETERANS
make up the largest number of those being helped by us

15 DIFFERENT CONFLICTS
We supported veterans from conflicts inc. N.Ireland, Afghanistan, Iraq, Bosnia and the Falklands

84%
of those who seek our help have served in the army

VETERAN TREATMENT:

ALMOST **12,000** APPOINTMENTS UNDERTAKEN BY OUR SPECIALIST STAFF

THESE APPOINTMENTS INCLUDED:

5,586 psychology appointments

2,630 nursing appointments

2,065 occupational therapy appointments

1,023 peer support appointments

567 psychiatry appointments

FAMILY SUPPORT:

2,000 FAMILY MEMBERS have indirectly benefited from our specialist support*

COMBATSTRESS
FOR VETERANS' MENTAL HEALTH

All statistics relate to our latest financial year (1 April 2023 to 31 March 2024).

* This is an estimate based on the UK average household size.