

# ARE YOU A VETERAN? WE CAN HELP WITH YOUR MENTAL HEALTH.

We are the UK's leading charity for veterans' mental health. Our **free 24-hour Helpline** provides confidential mental health advice.

You, your family, friends or carers can contact us anytime, day or night, for help and support.

**Call** 0800 138 1619

**Text** 07537 404 719\*

**Email** [helpline@combatstress.org.uk](mailto:helpline@combatstress.org.uk)