

# WHO WE HELP

An insight into those seeking our help

**57%**  
of calls were made by new callers

**15,000+**  
calls were handled by our Helpline

**24-hour Helpline:**  
0800 138 1619

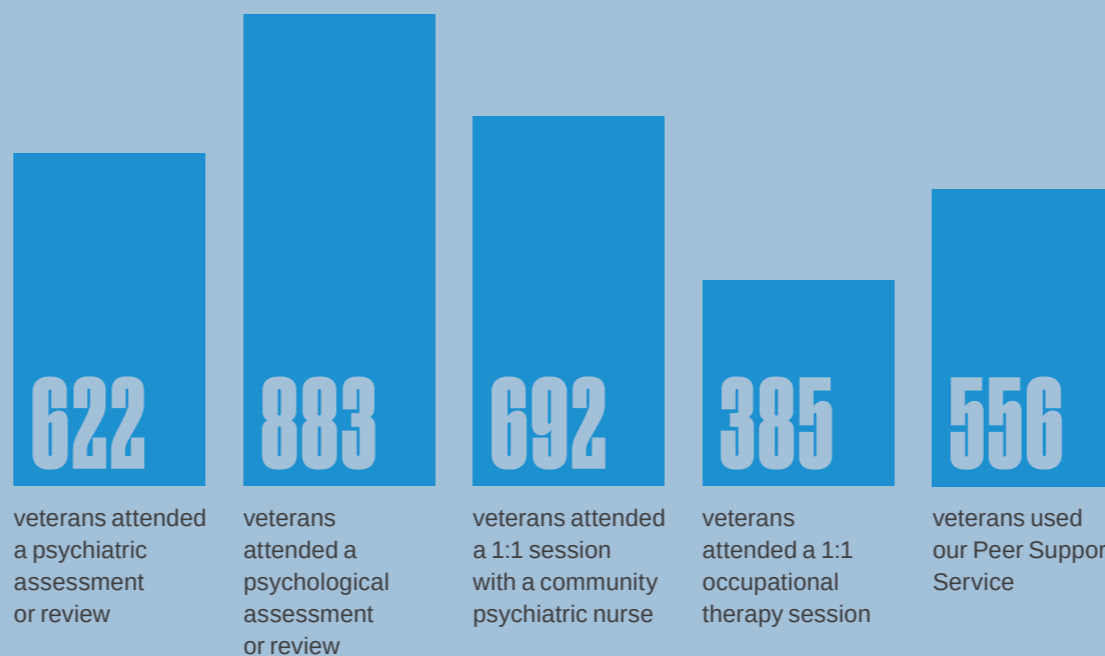
**3,121**  
veterans were directly helped by us in the last year

**2,400+**  
veterans were referred to us



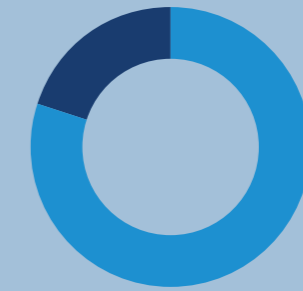
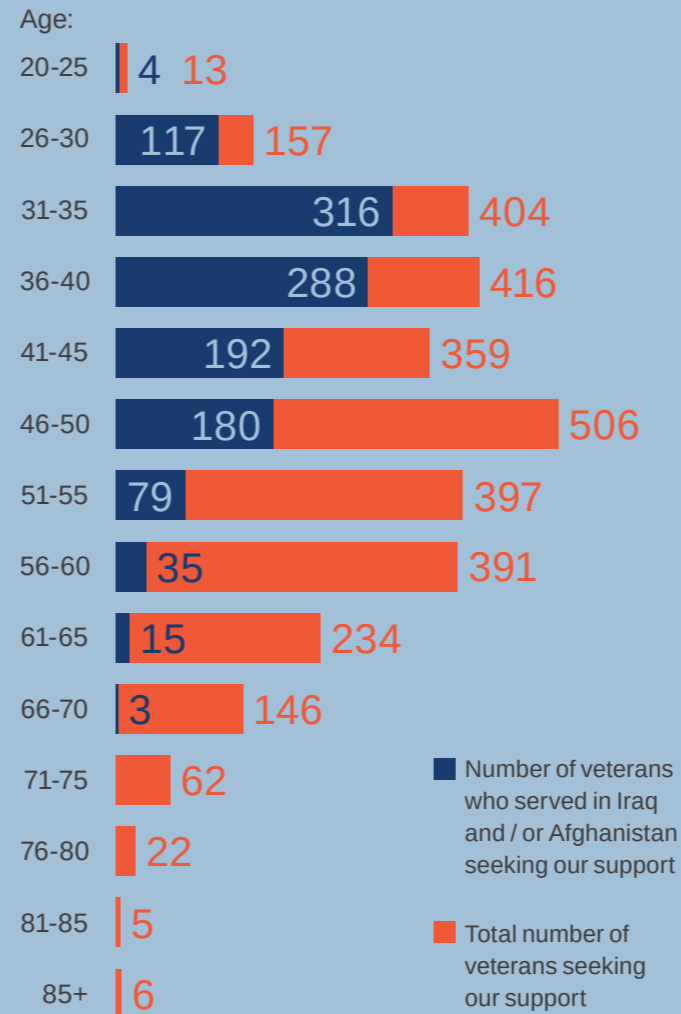
**13 years** is the time it takes on average for a veteran to seek our help after leaving the military

## Illustrative treatment pathway



\*Source: Combat Stress research \*\*Source: King's Centre for Military Health Research

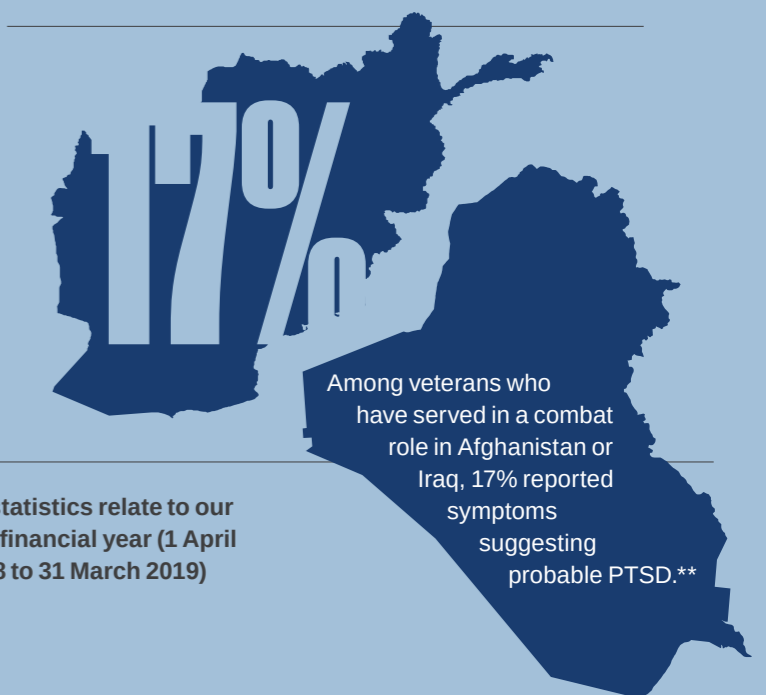
Veterans from more recent conflicts are seeking our help at a younger age



**80%+**  
of the veterans we support have tried to get help for their mental health from the NHS or MOD before contacting us\*



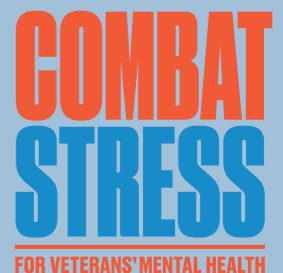
**82%**  
of the veterans we treat have been diagnosed with PTSD\*



All statistics relate to our last financial year (1 April 2018 to 31 March 2019)



**OVER 30%**  
of the veterans we helped during the year were under the age of 40



[combatstress.org.uk](http://combatstress.org.uk)

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