



**Veterans
Community
Network**

Challenge The Stereotype End The Stigma

Let's continue the conversation about mental health
If you are struggling and need a Veteran to talk to, contact us
by submitting a contact form.

VETERANS SUPPORTING VETERANS

Call 999 or go to A&E now if:

- Someone's life is at risk - For example, they have seriously injured themselves or taken an overdose
- You do not feel you can keep yourself or someone else safe

A mental health emergency should be taken as seriously as a physical one. You will not be wasting anyone's time.

Other support for Mental Health:

- Combat Stress - 24/365 - 0800 1381619
- Togetherall - www.togetherall.com
- Samaritans Veterans' Emotional Support Helpline - 24/365 - 0808 175 3075 - their dedicated helpline provides a safe and non-judgemental space for people who have served in the Armed Forces to talk about their experience.

