

Support services and helplines for ex-Service personnel:

- Veterans Gateway www.veteransgateway.org.uk is the first point of contact for veterans seeking specific or general support. It is an online portal, chat and telephone service where ex-servicing personnel can seek help and be triaged to different organisations. With many organisations supporting the Armed Forces community, Veterans' Gateway facilitates access to the right support quicker and easier, no matter where individuals are or what they need. More specifically, it puts ex-serving personnel and their families in touch with organisations (e.g., Armed Forces charities, general charities or NHS support) best placed to help with the information, advice and support they may need (e.g., healthcare, housing, employability, finances, personal relationships).
- Cobseo (The Confederation of Service Charities) provides details of charities providing services for members of the Armed Forces community, including ex-serving personnel and their families:
<https://www.cobseo.org.uk/members/directory/>
- More information regarding the NHS healthcare for veterans and the Armed Forces community during COVID-19 pandemic can be found here:
<https://www.cobseo.org.uk/armed-forces-health-covid-19/>
- GOV.UK: Further guidance for urgent help for veterans can be found here:
<https://www.gov.uk/guidance/urgent-help-for-veterans> and information regarding specific changes to Veterans UK Services due to the COVID-19 pandemic can be found here:
<https://www.gov.uk/government/news/coronavirus-changes-to-veterans-uk-services>
- The NHS website www.nhs.uk contains resources for supporting your mental health and also has a dedicated helpline for NHS staff affected by COVID-19.
- NHS helpline: phone 0300 131 7000, or text FRONTLINE to 85258.
- Mind's website at www.mind.org.uk has useful resources to help you cope if you are feeling anxious, worried or isolated.
- See Samaritans at www.samaritans.org if you are worried about your mental health.
- You can call the Samaritans day or night if you need someone to talk to without judgement on 116 123, or you can also send an email to Jo@samaritans.org (monitored 24-hours a day).
- The World Health Organisation at www.who.int has a document detailing mental health and psychosocial considerations during the COVID-19 pandemic.