

**Adjusting to
civilian life can
be the hardest
battle.**

Don't just live with it.

LIVE 
AT EASE

Support for life on civvy street

Help is out there.

NHS

Ixion 

But do you know where to find it?

Live at Ease connects ex-service personnel and their families to the right kind of help.

Whether you were discharged last week or years ago, our advisers can work with you to address problems with health and wellbeing - finding the best possible help from the many support services available across the North West of England.

Step 1 – Call us on the free phone number 0808 123 1 123.

Step 2 – We will arrange for you to meet locally at an appropriate venue with your dedicated Case Adviser who will listen to you and ensure that your expectations are carefully managed.

Step 3 – We will develop and agree with you actions and a support package with the best organisations available. All services will be free and totally confidential.

Step 4 – Your dedicated Case Adviser will agree a timescale and check in with you to ensure that you are making good progress.

One number, one dedicated person to talk to, one clear path to support for life on civvy street.

All you have to do is make one call.

Call free on 0808 123 1 123

Or visit www.liveat-ease.org.uk

www.facebook.com/LiveAtEase

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