

SUPPORT AND SELF HELP

Mental health can seem complex. Knowing where to turn for information can be daunting.

The aim of this guide is to provide contact information for a variety of military and civilian services that can offer help, advice or signpost you to the most appropriate source of help.

Apps

All Apps are free and available to download on Android and IOS



Headspace Meditation and mindfulness.



Stay Alive Suicide prevention app it is free and offers help and support both to people with thoughts of suicide and to people concerned about someone else.



Sleep cycle analyses your sleep and wakes you up in the lightest sleep phase.



eMoods Mood Tracker app that lets you easily chart your daily highs and lows, sleep, medications.



PTSD Coach App Coping strategies for anyone suffering from PTSD.



Prolonged Exposure Coach Provides evidence-based psychotherapy for PTSD.



Joining Forces App Mental health awareness app providing information on anxiety, PTSD and depression.



'I had a black dog, his name was depression' video



'Living with a Black Dog, video



MAINTAINING YOUR MENTAL FITNESS



SOURCES OF SELF HELP

WHO TO GO TO FOR SUPPORT:

- Chain of Command
- Friend or Family member
- Army Welfare Service
- Unit Welfare Officer
- Medical Officer/GP
- TRiM Practitioner
- Padre

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Don't **bottle** it up.



SOURCES OF SUPPORT AND SELF HELP

Confidential Support Services

Combat Stress 24-Hour Military Mental Health Helpline

Free, confidential helpline available to all serving military personnel and to families and friends that may have concerns.

combatstress.org.uk

E-mail: helpline@combatstress.org.uk

Tel: 0800 323 4444 open 24/7. Text: 07537 404 719

Samaritans Provides a safe place to talk about anything that's bothering you 24/7.

samaritans.org

E-mail: Jo@samaritans.org

Tel: 116 123 open 24/7

SSAFA Forcesline free confidential helpline and e-mail service providing support independent of the military chain of command.

ssafa.org.uk/help-you/forcesline

Tel: 0800 731 4880 open 9:00 - 17:30 Monday - Friday

Big White Wall A safe anonymous 24/7 online community where you can talk to people, who feel like you, whilst guided by trained professionals.

bigwhitewall.com

E-mail: theteam@bigwhitewall.com

Army Welfare Service Personal Support Staff provide accessible, independent, confidential and professional specialist welfare services to soldiers and their families with any personal or family difficulty.

Mon - Thurs 0830 - 1630

Fri 0830 - 1600

Tel: 01904 882053

Speak Out Confidential bullying, harassment and discrimination helpline.

Tel: (Civ) 0306 7704656 (Mil) 96770 4656

Addictions

Gamblers Anonymous

A support group of men and women, sharing experiences and providing a safe place to discuss issues relating to gambling.

To contact Gamblers

Anonymous visit:

gamblersanonymous.org.uk

FRANK Provides friendly, confidential drugs advice.

To contact or Live Chat visit:

talktofrank.com

Tel: 0300 123 6600 open 24/7

Alcoholics Anonymous

A support group of men and women who share their experiences and strength with each other to help others to recover from alcoholism.

alcoholics-anonymous.org

E-mail: help@aamail.org

Tel: 0800 9177 650

Gamble Aware

Get support, talk to us now via the live chat: www.gamecare.org.uk/get-support/talk-to-us-now

National Gambling Helpline

Freephone 0808 8020 133

0800-Midnight 365 days a year.

Eating Disorders

Seed Eating disorder support

service that provides advice and planning to beat eating disorders.

seedeatingdisorders.org.uk

E-mail: hello@seedeatingdisorders.org.uk

Tel: 01482 718130

Debt and Financial Management

MoneyForce Provides information and resources on Budgeting, Debt, Savings, Planning and Financial Protection specifically for UK Service Personnel and their families.

moneyforce.org.uk

National Debtline free and

confidential debt advice service.

To Web chat with an advisor visit:

nationaldebtline.org

Tel: 0808 808 4000

open 9:00 - 20:00 Monday - Friday and 9:30 - 13:00 on Saturday.

Domestic Violence

Men's Advice Line Advice, support and information for men experiencing domestic violence and abuse.

mensadviceline.org.uk

E-mail: info@mensadviceline.org.uk

Tel: 0808 801 0327

Women's Aid Advice, support and information on domestic abuse and violence.

womensaid.org.uk

E-mail: helpline@womensaid.org.uk

Tel: 0808 2000 247 open 24/7

Victim Support

Victim Support Free and confidential support to help you move past the impact of crime.

To contact visit:

victimsupport.org.uk

Tel: 0808 1689 111 (free) open 24/7

Sexual Assault

SARCs (Sexual Assault Referral Centres) Provides services to victims/survivors of rape or sexual assault regardless of whether the survivor/victim chooses to report the offence to the police or not.

thesurvivorstrust.org

E-mail: info@thesurvivorstrust.org

Tel: 01788 550554

Survivors UK

Provides individual chat sessions with trained individuals in confidence for men who have experienced rape or sexual assault either as a child or an adult

Chat via SMS: 020 3322 1860

or via WhatsApp Opp 074 9181 6064

and online @

www.survivorsuk.org

Bereavement

Cruse Bereavement Care

Offers advice and support when someone dies.

cruse.org.uk

E-mail: info@cruse.org.uk

Tel: 0808 808 1677 open

9.30 - 17.00 Monday-Friday

(excluding bank holidays), with extended hours on Tuesday, Wednesday and Thursday evenings, when open until 20:00.

Relationships

Relate Can help you make the most of couple and family relationships, past, present or future. Provides help even if you're not currently in a relationship.

relate.org.uk

E-mail: Relate.Enquiries@relate.org.uk

Tel: 0300 100 1234

Perinatal

PANDAS Foundation (pre/post natal depression) Help, support and advice to any parent experiencing a perinatal mental illness.

pandasfoundation.org.uk

E-mail: contact@pandasfoundation.org.uk

Tel: 01691 664275 open

9:00 - 20:00 7 days per week.

Army Mediation Service

The aim of mediation is to resolve workplace conflict and restore operational effectiveness as quickly as possible. Mediation seeks to provide a non-hostile, neutral environment, facilitated by two trained mediators, where parties can raise their views and concerns on an issue in dispute.

E-mail: Army-Mediation-0Mailbox@mod.gov.uk

Tel: Civ: 0306 7707 691

Mil: 96770 7691

Emotional Support

Calm Helpline for Men in the UK who are down or who have hit the wall for any reason and need to talk or find information and support.

www.thecalmzone.net

Web chat 5pm - Midnight

Tel: 0800 585858

5pm - Midnight 365 Days a Year

Sane Provides expert emotional support and specialist information for you if you are concerned about your own or someone else's mental health. To access the Sane anonymous support forum via the website:

sane.org.uk

Tel: 0300 304 7000 open

4:30 - 22:30 7 days per week.

Mood Juice Provides a range of self-help tools designed to help you think about emotional problems and work towards solving them.

moodjuice.scot.nhs.uk

Childline A free, private and confidential service for anyone under 19 in the UK with any issue they're going through.

Via 1-2-1 counsellor chat at www.childline.org.uk/get-support/1-2-1counsellor-chat where they can talk about anything.

Tel: 0800 1111