

SUPPORT IS ALWAYS AVAILABLE

It is always better to speak to someone than to speak with no-one!

CONFIDENTIAL SUPPORT SERVICES

Army Welfare Service

Accessible, independent, confidential and professional specialist welfare services to soldiers and their families with any personal or family difficulty.

Open: Monday - Thursday 08:30 - 16:30
Friday 08:30 - 16:00
Tel: **01904 882053**.

Speak Out

Confidential bullying, harassment and discrimination helpline.

Open: Monday - Friday 0830 - 1700 (except Bank and Public holidays)
Web: Army-SpeakOut@mod.gov.uk
Tel Mil: **96770 4656** Tel Civ: **0306 7704656**

Dispute Resolution & Support Service

The Army Mediation Service (AMS) uses independent mediators to resolve conflict in a confidential setting

Email: Army-Mediation-0Mailbox@mod.gov.uk
Tel: **0306 7707 691**

Armed Forces Support Line

Free UK calls 24/7, confidential support line. Calls from overseas will be charged at International call rates +44 1332 495 310.

Tel: **0800 323 4444**

SSAFA

Confidential personal support and social work services for the military community.

Web: ssafa.org.uk/help-you/forcesline
Tel: **0800 731 4880** open 9:00 - 17:30 Mon - Fri

Samaritans

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

Web: samaritans.org Email: Jo@samaritans.org
Tel: **116 123** open 24/7

Shout

Shout is the UK's first free, confidential, 24/7 text support service. It's a place to go if you're struggling to cope.

Text SHOUT to 85258

BEREAVEMENT

Cruse Bereavement Care

Offers advice and support when someone dies. Open 9:30 -17:00 Mon - Fri (excluding bank holidays), with extended hours on Tuesday, Wednesday and Thursday evenings, when open until 20:00.

Web: cruse.org.uk Email: info@cruse.org.uk
Tel: **0808 808 1677**

ADDICTIONS

GamCare

Free support for anyone affected by gambling harms across UK.

Web: www.gamcare.org.uk/get-support/talk-to-us-now/
Tel: **0808 8020133**

National Gambling Helpline

Freephone **0808 8020 133** 0800 -Midnight 365 days a year.

Alcoholics Anonymous

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

Web: alcoholics-anonymous.org.uk
Email: help@aamail.org Tel: **0800 9177 650**

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.

Web: relate.org.uk
Email: Relate.Enquiries@relate.org.uk
Tel: **02392 827 026**

DOMESTIC ABUSE

Aurora New Dawn

A specialist team for the Army and RN providing advice and support for those experiencing domestic abuse, sexual violence and stalking.

Web: <https://www.aurorand.org.uk/services/the-armed-forces/>
Email: armedforces@aurorand.org.uk
Tel: **023 92 479254**

Respect - Men's Advice Line

Advice, support and information for men experiencing domestic violence and abuse.

Web: mensadviseline.org.uk
Email: info@mensadviseline.org.uk
Tel: **0808 801 0327**

Women's Aid

Advice, support and information on domestic abuse and violence. Open: 24/7

Web: womensaid.org.uk
Email: helpline@womensaid.org.uk
Tel: **0808 2000 247**

VICTIM SUPPORT

Victim Support

Free and confidential support to help you move past the impact of crime. Open: 24/7 To contact visit:

Web: victimsupport.org.uk
Tel: **0808 1689 111** (free)

Victim Witness Support Unit

The Defence Victim Witness Care Unit (VWCU) provides support and guidance for victims and witnesses during their journey through the Service Justice System.

Tel: **07974 074259** (8am to 4pm - Mon to Thurs, 8am to 3.30pm - Fri)
Email: people-dscc-vwcugroup@mod.gov.uk

DEBT AND FINANCE MANAGEMENT

Money Helper

Money Helper joins up money and pensions guidance to make it quicker and easier to find the right help. MoneyHelper brings together the support and services of three government-backed financial guidance provider.

Web: www.moneyhelper.org.uk

National Debtline

Open 09:00 - 20:00 Mon - Fri and 09:30 - 13:00 on Sat.
Web: nationaldebtline.org
Tel: **0808 808 4000**

PERINATAL

Defence Maternal Mental Health Support

Pregnant Service women or those in the first 12 months after birth can self-refer in confidence. DCMH Colchester

Tel: **01206817057**

EATING DISORDERS

BEAT Eating Disorders

Need Help Now.

Tel: **0808 801 0677**
Email: help@beateatingdisorders.org.uk

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. Open: 5pm - Midnight

Web: www.thecalmzone.net
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.
Open: 04:30 - 22:30 7 days per week.
To access the Sane anonymous support forum via:

Web: sane.org.uk
Tel: **07984 967 708 / 02038 051 h790**

Papyrus

Dedicated to the prevention of suicide and the promotion of positivemental health / wellbeing in young people.

Email: pat@papyrus-uk.org
Tel: **0800 0684141** Text: 07860 039

Army LGBTQ+

It offers peer support, mentoring and networking opportunities and resources on inclusive leadership and implicit bias.

Email: www.armylgbt.org
Twitter: @ArmyLGBT

SEXUAL ASSAULT

The Survivors Trust

Web: thesurvivortrust.org
Email: info@thesurvivortrust.org
Tel: **01788 550554 / 08088 010 818**



If you are in distress
and do not feel able
to keep yourself safe

PLEASE DIAL
999

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