

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

Don't **bottle** it up.

  
**ARMY**  
BE THE BEST

# EXTERNAL 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/](http://combatstress.org.uk/)

E-mail: [helpline@combatstress.org.uk](mailto:helpline@combatstress.org.uk)

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

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

[ssafa.org.uk/help-you/forcesline](http://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](http://bigwhitewall.com)

E-mail: [theteam@bigwhitewall.com](mailto: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.

E-mail: [RC-AWS-0Mailbox@mod.uk](mailto:RC-AWS-0Mailbox@mod.uk)

Tel: 01904 882053

**Speak Out** Confidential bullying, harassment and discrimination helpline.

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

## 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.uk](mailto:Army-Mediation-0Mailbox@mod.uk)

Tel: Civ: 0306 7707 691 Mil: 96770 7691

## 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/](http://gamblersanonymous.org.uk/)

**FRANK** Provides friendly, confidential drugs advice. To contact or Live Chat visit:

[talktofrank.com/](http://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](http://alcoholics-anonymous.org)

E-mail: [help@aamail.org](mailto:help@aamail.org)

Tel: 0800 9177 650

## Eating Disorders

**Seed Eating** disorder support service that provides advice and planning to beat eating disorders.

[seedeatingdisorders.org.uk/](http://seedeatingdisorders.org.uk/)

E-mail: [hello@seedeatingdisorders.org.uk](mailto:hello@seedeatingdisorders.org.uk)

[seedeatingdisorders.org.uk](mailto: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](http://moneyforce.org.uk)

**National Debtline** free and confidential debt advice service. To Web chat with an advisor visit: [nationaldebtline.org/](http://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.

[mensadvice.org.uk/](http://mensadvice.org.uk/)

E-mail: [info@mensadvice.org.uk](mailto:info@mensadvice.org.uk)

Tel: 0808 801 0327

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

[womensaid.org.uk/](http://womensaid.org.uk/)

E-mail: [helpline@womensaid.org.uk](mailto: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](http://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](http://thesurvivorstrust.org)

E-mail: [info@thesurvivorstrust.org](mailto:info@thesurvivorstrust.org)

Tel: 01788 550554

## Bereavement

### Cruse Bereavement Care

Offers advice and support when someone dies.

[cruse.org.uk/](http://cruse.org.uk/)

E-mail: [info@cruse.org.uk](mailto: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](http://relate.org.uk)

E-mail: [Relate.Enquiries@relate.org.uk](mailto: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](http://pandasfoundation.org.uk)

E-mail: [contact@pandasfoundation.org.uk](mailto:contact@pandasfoundation.org.uk)

[pandasfoundation.org.uk](mailto:pandasfoundation.org.uk)

Tel: 01691 664275 open

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

## Emotional Support

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

[samaritans.org/](http://samaritans.org/)

E-mail: [Jo@samaritans.org](mailto:Jo@samaritans.org)

Tel: 116 123 open 24/7

**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](http://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/](http://moodjuice.scot.nhs.uk/)

**Childline** A free, private and confidential service for up to 19 year olds.

Tel: 0800 1111