

COMBAT STRESS AT A GLANCE



We are the UK's leading charity for veterans' mental health.

For almost a century, we've helped former servicemen and women deal with trauma-related mental health problems such as anxiety, depression and post-traumatic stress disorder (PTSD).

2,000+

Each year Combat Stress receives more than **2,000** referrals from former servicemen and women struggling with their mental health.

10,000+

Over 10,000 calls were handled by our Helpline in 2016/17.

3,000+

We are actively involved in supporting just over **3,000 veterans**.

Veterans from recent conflicts are seeking help earlier

3 YEARS

Afghanistan veterans on average seek treatment **three years** after leaving service.

5 YEARS

Iraq veterans on average seek treatment **five years** after leaving service.

93%

of those undertaking our PTSD Intensive Treatment Programme completed it in 2016/17 (comparable programmes in the USA have a 66% completion rate).

12 YEARS

On average it takes **12 years** from leaving the military for a veteran to seek our help for mental health problems.

We provide a range of free services at our treatment centres and through our community teams:

- Short-stay clinical treatment
- A specialist PTSD Intensive Treatment Programme
- Outpatient appointments
- Occupational therapy
- Peer Support Service
- Substance Misuse Case Management Service
- Our 24-hour Helpline (0800 138 1619)

143%

We have seen a **143% increase in referrals** from 10 years ago.

20 YEARS OLD

The youngest veteran we are supporting is **20 years old**.

98 YEARS OLD

The oldest is **98 years old**.

Please contact the Press Office on **01372 587 165** or email pressoffice@combatstress.org.uk

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