

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).

OUR 24-HOUR HELPLINE (0800 138 1619)

12,000+

During the year our Helpline handled over 12,000 calls.

60%

Nearly 7,500 of these calls were made by new callers.

OUR SUPPORT TO VETERANS

3,416

veterans were directly helped by us during the year.

5,000+

During the year over 5,000 treatment programmes were provided.

3,000+

Our specialist teams based in local communities also undertook over 3,000 telephone appointments.

591

veterans also used our Peer Support Service.

8,000+

individual face to face appointments were provided at our community clinics.

NEW VETERAN REFERRALS

2,200

We had over 2,200 new veteran referrals during the year.

Demand for our service remains high: over the last 10 years we have seen demand for our services almost double.

VETERANS FROM RECENT CONFLICTS ARE SEEKING HELP EARLIER

SIX YEARS

Iraq veterans on average seek treatment six years after leaving service.

FOUR YEARS

Afghanistan veterans on average seek treatment four years after leaving service.

All statistics relate to our last financial year (1 April 2017 to 31 March 2018).

THE VETERANS WE HELP

43 YEARS OLD

The average age of a veteran receiving our help is 43.

20 YEARS OLD

The youngest veteran we are supporting currently is aged 20.

97 YEARS OLD

The oldest veteran we are supporting is 97 years old.

13

On average it takes 13 years from leaving the military for a veteran to seek our help for mental health problems.

**COMBAT
STRESS**
FOR VETERANS' MENTAL HEALTH



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