

"The workbooks you have provided have helped and I'm feeling a lot less anxious. Things seem to be getting a lot better for me at the moment."

"Hidden Wounds makes reaching out and asking for help incredibly easy. Just have faith and pick up the phone. As soon as I took that first step I felt an overwhelming sense of relief. I was talking to someone who actually understands – it was like stepping into the light again."

"I'm a lot happier. My wife says she can see a big difference. I had a problem I just never realised it. If I had done this earlier, our relationship could've been steadier."

"I needed help but I was embarrassed to ask. Picking up the phone was one of the hardest things I've done, but now I'd recommend Help for Heroes Hidden Wounds to anyone."

Help for Heroes *Hidden Wounds* beneficiaries



GETTING IN TOUCH

If you would like to chat to someone to see if H4H Hidden Wounds can help you, please contact the team weekdays 9am–5pm:

Telephone: **0808 2020 144** (free from UK landlines)

E-mail: hidden.wounds@helpforheroes.org.uk

www.helpforheroes.org.uk/hidden-wounds



HIDDEN WOUNDS

PSYCHOLOGICAL WELLBEING SERVICE
For Veterans and Families

If you require support out of hours then please contact the Combat Stress helpline on: **0800 138 1619**.

Privacy and Confidentiality: We will share some of your information with your GP and any other professionals who might be involved in your care. If you have any questions or concerns about how we use your data, please feel free to speak to your Psychological Wellbeing Practitioner or call us on **0808 2020 144**.

Help for Heroes is a company registered in England and Wales under number 06363256.
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Registered Office: 14 Parkers Close, Downton Business Centre, Downton, Salisbury, Wiltshire SP5 3RB.

*Free and confidential support for Veterans
and Armed Forces families living with
everyday mental health challenges*

HELP FOR HEROES HIDDEN WOUNDS

In the same way that it's essential to keep physically fit, it is as important to maintain a healthy mind.

Different people respond to stress and worry in a variety of ways. It can be a sudden lack of motivation or interest in everyday activities; an uncontrollable sense of worry or fear; physical tension in the head or shoulders, or any number of other symptoms.

When these problems start dominating everyday life for days, weeks and months at a time and affecting our loved ones, it can be tough to work through them alone. This is where Help for Heroes Hidden Wounds comes in.

HOW DOES IT WORK?

The service is here to help those suffering from excessive worry, low mood, stress, alcohol or anger, using techniques that have proven to be effective for a wide range of people.

Weekly sessions delivered by a Psychological Wellbeing Practitioner, involve using workbooks and learning practical tools and techniques to help individuals better understand and positively manage their emotions. These often take place over a period of four to eight sessions and aim to get Veterans and families back to enjoying everyday life again as soon as possible.

This free and confidential support is easily accessible both nationally and internationally, as it is available via phone, Skype or face to face in Wiltshire and Yorkshire.



WHO CAN WE HELP?

We are here to help Veterans of all conflicts, their families and the families of those currently serving who feel they could benefit from the support H4H Hidden Wounds is offering.

Servicemen and women in need of psychological support should contact their Medical Officer or Unit Welfare Officer, or H4H to see if we can support them in other ways. We encourage those in need of support for children under 18 or for complex issues, such as PTSD, to also get in touch and we'll help them to find an organisation that can help.

We also welcome calls from those who are worried about a loved one they think may benefit from contact with the H4H Hidden Wounds service. We will never contact an individual without their consent, but can provide information so they can be approached with all of the facts.

ABOUT HELP FOR HEROES

H4H believes any Serviceman or woman who suffers life-changing injury (psychological and/or physical) whilst serving deserves the very best support. All the funds raised by H4H have been either allocated or spent on delivering direct, practical support to the wounded, injured and sick.

H4H is also leading on the delivery of four Recovery Centres, in Catterick, Colchester, Plymouth and Tidworth to provide ongoing training, support and wellbeing activities for the physically and psychologically wounded.