

**Veterans NHS Wales** help veterans to get back on track with their lives with specialists , priority services for individuals who have served in the armed forces, at any time in their lives and who are experiencing mental health difficulties related specifically to their military service.

**Website:** <https://www.veteranswales.co.uk/>

**Email:** [BCU.Admin-veterans@wales.nhs.uk](mailto:BCU.Admin-veterans@wales.nhs.uk)

**Tel:** 03000 857 964



**Change Step** is a veteran support programme in Wales that aims to help veterans and their families tackle serious stress and mental health-related challenges. It provides a range of services such as counselling, peer mentoring, and access to relevant community resources.

**Website:** <https://changestepwales.co.uk/>

**Tel:** 0300 777 2259



**Combat Stress** provide clinical treatment and support for veterans from the British Armed Forces, with a focus on those with complex mental health issues. Combat Stress is the UK's leading veterans' mental health charity, the work they do is life-changing and often life-saving.

**Free helpline:** 0800 1381619

**Text:** 07537 173683



**Blesma** help limbless and vision-impaired veterans lead independent and fulfilling lives. They offer tailored support and grants for home modifications, and can help with War Pension and Armed Forces Compensation applications. They also organise a range of activities to help limbless veterans stay active.

**Tel:** 020 8590 1124

**Website:** <https://blesma.org/>



**Blind Veterans UK** helps vision impaired ex-Servicemen and women to rebuild their lives after sight loss. They provide rehabilitation, training, practical advice and emotional support to veterans regardless of how or when they lost their sight. We're here to help blind veterans regain their independence and live the life they choose.

**Website:** <https://www.blindveterans.org.uk/>

**Tel:** 0300 111 22 33



**The Official Minds at War** offer veterans in need and their families unconditional 24 hour support and help to prevent suicide and self harm. They have a dedicated 24/7 365 days a year crisis phonenumber and work with companies, councils the NHS and other professional organisations and support groups throughout the UK, as well as other military and civilian charities.

**Website:** <https://theofficialmindsatwar.org.uk/>  
**Tel:** 0800 020 9716



**Help for Heroes** support veterans and give them the skills, confidence and knowledge to make a success of life in the civilian world. Our teams can help people get back on their feet, if they are having money problems, need somewhere to live, are struggling to get a job, or don't know how to apply for benefits.

**Website:** <https://www.helpforheroes.org.uk/>



**Ty Dwr** is a veteran specific service and is for any Ex-Army, Navy or Airforce personnel who find themselves homeless in Wrexham. Referrals are made via the helpline or Wrexham County Borough Council.

**Email:** [tydwr@salvationarmy.org.uk](mailto:tydwr@salvationarmy.org.uk)  
**Tel:** 01978 355410



**Salute Her UK** works to improve the lives of UK women veterans by addressing the distinct and intersectional needs of women veterans. They highlight the unique and often unrecognised challenges facing women veterans both during and after service. For example, issues regarding gender, age, social class, race, disability and sexual orientation.

**Website:** <https://www.saluteher.co.uk/>  
**Tel:** +447861748522



**Veterans UK** provide free support for veterans and their families, including a helpline, Veteran Welfare Services, Defence Transition Services and injury/ bereavement compensation scheme payments.

They also provide welfare support for veterans of any age, and their families through the Veterans Welfare Service and the Veterans UK helpline: 0808 1914 218

**Website:** <https://www.gov.uk/government/organisations/veterans-uk>

