

INTERVENING

An intervention is an act of kindness and you do not have to wait until a person is in danger to intervene. You can help someone just by giving them the opportunity to talk about their problems or thoughts.

If you feel comfortable and it's safe to do so:

- Choose a time and place where you can approach them privately and without interruption.
- Encourage them to talk, focus on listening and be patient.
- If you feel you can't approach someone because of their rank then speak to someone who can, such as the welfare staff or the chaplain.

REPORTING

It can be difficult to know how and when to report something. You may worry about breaking the trust the person has put in you, or that not reporting it could put them in danger.

- Try to convince them to seek help and ask them who they would be comfortable speaking to. Do your best to let them feel in control and not to rush them.
- Try to respect their privacy as much as you can and don't share anything they have told you unless they wish you to, as long as they are not in danger.
- Do seek help immediately if you think someone could be in imminent danger to themselves or others. You could speak to the medical officer, welfare staff, chaplain or your chain of command. It is important to make sure that the person is safe.





Identifying someone who might be suicidal

- Negative changes in behaviour or personal discipline
- Becoming withdrawn/isolated
- Drinking more than usual or drinking alone



Approaching someone who is struggling to cope

- Find a private and safe place to talk
- Encourage them to talk. Listen
- Offer Samaritans' support (they can call free, day or night on 116 123)
- Encourage them to seek further help, but don't force them

FURTHER SUPPORT

Your unit welfare staff, chaplain or chain of command will be able to advise you about available support but here are a few other support options that you may wish to consider:

SAMARITANS

Samaritans

If you're going through a difficult time, you can contact Samaritans free – day or night, 365 days a year. You can talk to us in your own way about anything that's getting to you.

Call free day or night on

116 123

Email: jo@samaritans.org

Web: samaritans.org



NHS 111

If you're worried about an urgent medical concern, you can call 111 to speak to a fully trained adviser. The NHS 111 service is staffed 24 hours a day, 7 days a week by a team of fully trained advisers.

Call: 111

**COMBAT STRESS 24-HOUR
MENTAL HEALTH HELPLINE**

0800 323 4444

For serving personnel and their families

Combat Stress

A team of specially-trained professionals are available day and night to provide free confidential advice and support to serving personnel, as well as onwards referral if necessary.

Family members who are concerned about a service person's mental health are also able to call the helpline.

Call: 0800 323 4444

ssafa | the
Armed Forces
charity

SSAFA

SSAFA's Forcesline is a confidential helpline providing advice and information for serving personnel, reserves, veterans and their families.

Call: 0800 260 6767

Visit: ssafa.org.uk/get-help/forcesline



togetherall

Togetherall

Togetherall provides safe, anonymous and 24/7 online support for mental health and wellbeing. The service offers a combination of peer support, online programmes and useful resources, all monitored by trained clinicians. Togetherall is free to access for all serving personnel, reservists, veterans and their family members aged 16+.

Visit: togetherall.com

SAMARITANS

Whatever you're facing,
we're here to listen.

Call free day or night on

116 123

Email jo@samaritans.org

Web samaritans.org

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