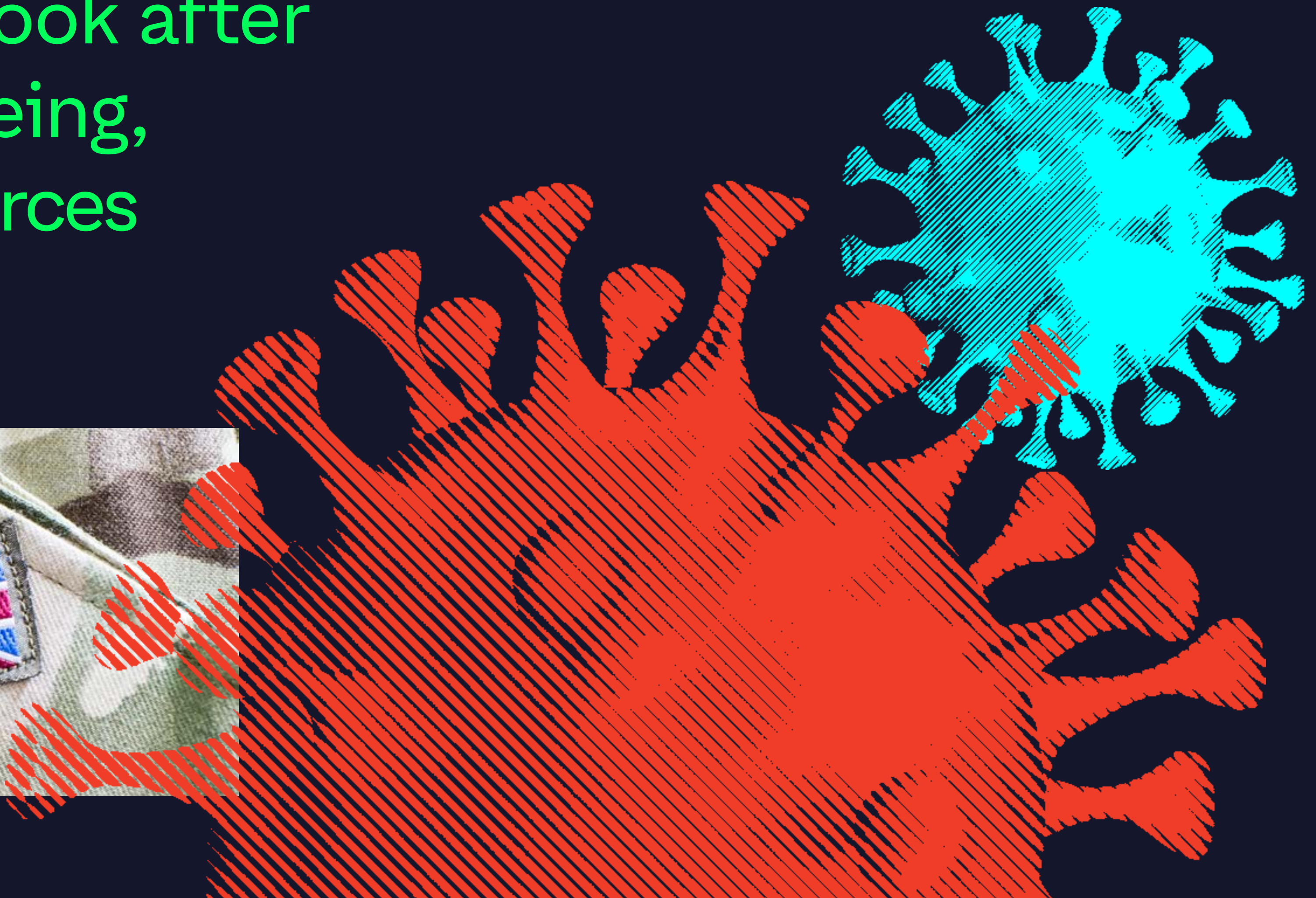


Information for the Armed Forces community

on how to keep safe, look after
your health and wellbeing,
and access useful resources
during COVID-19

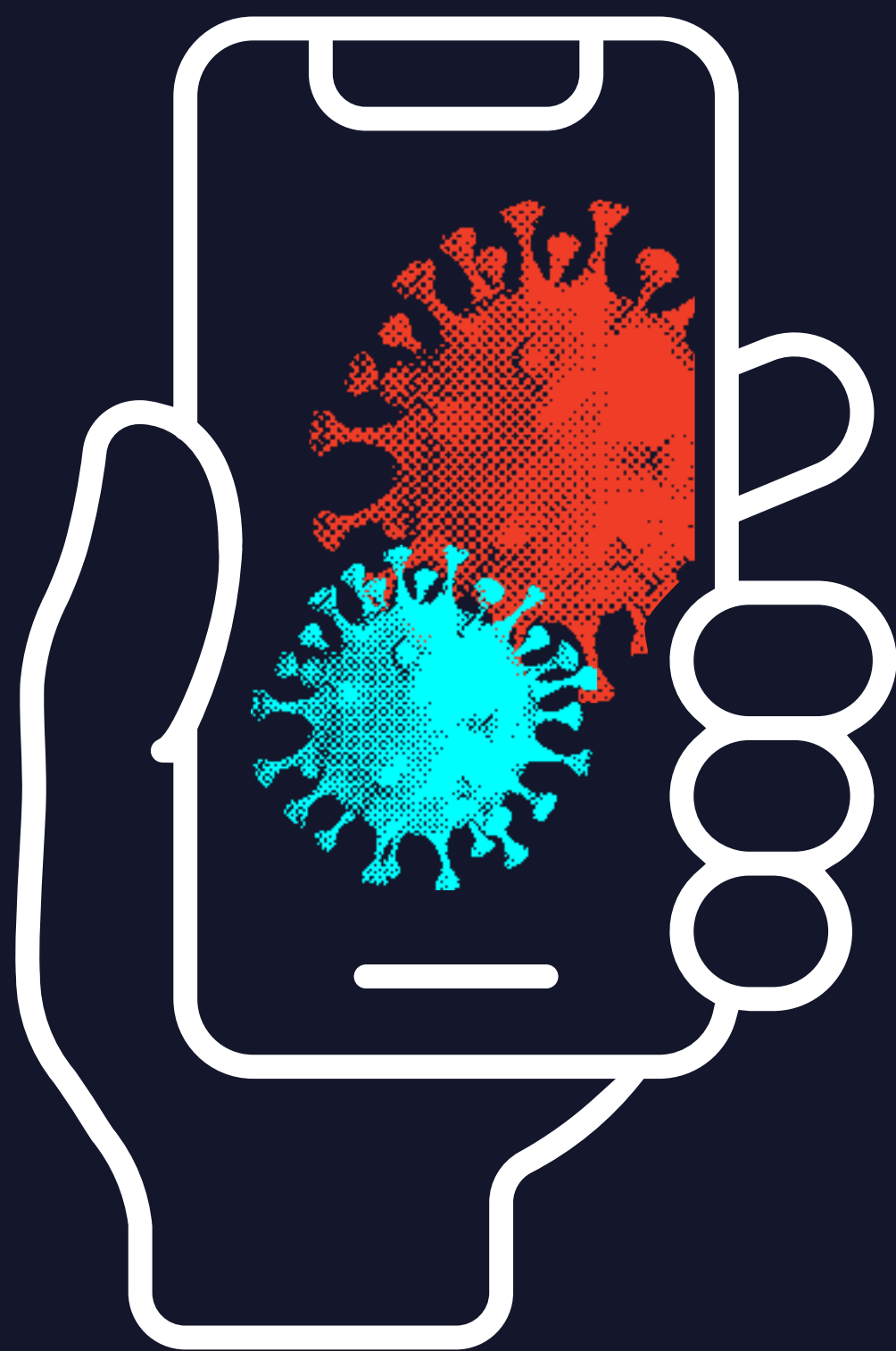


**Information for
the Armed Forces
community**

Select a button to load the website

**COVID-19 – what you
need to know and do**

**Resources to support your
health and wellbeing**



Did you know?



If you've been identified as high risk and received a letter asking you to self-isolate, you can request help (check in and chat, community support, patient transport and NHS transport) from [NHS Volunteer Responder Services.](#)

To self-refer, call [0808 196 3646](tel:08081963646) (open 8.00am – 8.00pm).

You can also contact your local council as they are providing a local, community-based response.

**Information for
the Armed Forces
community**

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**Resources to
support families**



**Information for
the Armed Forces
community**

Select a button to load the website



**Support from the Ministry
of Defence and Armed
Forces charities**



Information for the Armed Forces community

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Accessing health and wellbeing services during COVID-19

NHS and Defence Medical Welfare Services continue to offer care and support throughout COVID-19. Some services currently offer telephone / online support instead.

If you are serving and need **non-medical support**, you should approach your Chain of Command, who will be able to advise and signpost to specialist welfare staff.

The **NHS Veterans' Mental Health Transition, Intervention and Liaison Service (TILS)** and **Veterans' Mental Health Complex Treatment Services (CTS)** are providing online / telephone support during this period. Access to both services is via the TILS. For further information and contact details, see [here](#).

Services for those at risk of or experiencing **sexual assault and abuse** continue to provide help and support and isolation rules do not apply. Further information [here](#).

If you are at risk of or experiencing **domestic abuse**, you can still seek refuge and support is still available to you. The National Domestic Abuse Helpline is free to call 24/7 on [0808 2000 247](#) and further information is [here](#).

If you need someone to talk to, you can call the [Samaritans](#) on [16 23](#) or email: jo@samaritans.org for a reply within 24 hours. Serving personnel and veterans can also call the [Combat Stress](#) 24-hour mental health helpline:

- Veterans and their families can call [0800 138 1619](#).
- Serving personnel and their families can call [0800 323 4444](#).

**KEEP
SAFE!**

DURING COVID-19

