

*finding  
it tough?*

~~MENTAL WELLBEING~~  
COURSES

  
The charity that supports the RAF family

# Developing resilience through the **5** ways to wellbeing.

A practical handbook to create understanding around emotional, psychological, physical and social wellbeing, and encourage positive and lasting changes in overall health.

*Let's get  
started* →

# Introduction.

The term 'mental wellbeing' simply describes our mental state, in much the same way that physical health describes our physical state. The term is often misunderstood, but generally it is defined as our state of emotional, psychological and social wellbeing. Positive mental health is something we all strive for. We all want to live life to the best of our ability, and live a life that is fulfilling to ourselves and all of those around us.

We recognise that being part of the RAF family, in service, as a veteran, a family member or a civilian has unique challenges, which can have an impact on our mental wellbeing. These challenges can include isolation, relocation, uncertainty, financial strain, relationship and communication issues, stress and traumatic events.

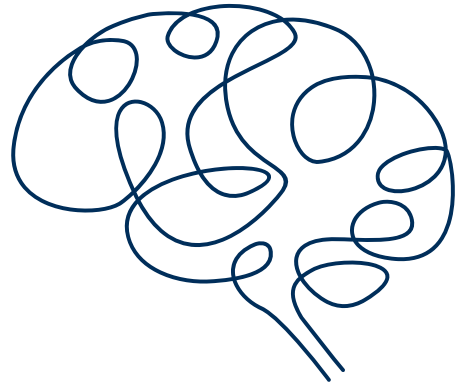
This workbook is designed to support you with your emotional, psychological and social wellbeing through the 'five ways to wellbeing approach', and empower you to create a better understanding of what positively impacts your wellbeing.

# The science behind the five ways to wellbeing

Our bodies produce four main hormones that have different effects on how we feel mentally, emotionally and physically. Many people believe that these hormones are completely out of our control but this isn't the case. While some hormones are naturally lower and some are naturally higher in some people, these hormones can be encouraged daily through keeping active, taking notice, connecting, learning and giving back.

Over time, an increase in positive activities can lead to lasting changes in our neural pathways, and therefore bring more balance in our wellbeing and positivity. Positivity is a practice and is dynamic. It isn't fixed.

It's important to create a balance in our hormones if we want to feel stability in our moods. Through the five ways to wellbeing we are able to get a **'Daily D.O.S.E'** of positive hormones, and increase our wellbeing over time.



# Dopamine

Goals, motivation and learning

# Oxytocin

Love and Connection

# Serotonin

Confidence and self esteem

# Endorphins

Pleasure and excitement

# Things to consider ...

Before we move onto the five ways to develop resilience and encourage our positive hormones ...

It is important to mention that stimulants such as **alcohol**, along with the quality of the **food** we eat and the quality of our **sleep** also have an impact on the production of the positive hormones in our bodies.

## **Alcohol**

Medical guidelines state that we should not regularly exceed 14 units of alcohol per week. One unit of alcohol is a 10ml or 8g measurement of pure alcohol. This translates as one 25ml single measure of whisky or a third of a pint of ordinary-strength beer.

Alcohol affects the brain's communication pathways and the hormones we produce. This makes it harder for us to think, speak clearly, remember things and make decisions. Heavy drinking is linked to a range of health issues such as depression and dementia.

**Pint of ordinary lager**  
**2.3 units**



(4%ABV / 568ML)

**Bottle of alcopop**  
**1.4 units**



(5%ABV / 275ML)

**Large glass of wine**  
**3.5 units**



(14%ABV / 250ML)

**Double vodka**  
**2.8 units**



(40%ABV / 70ML)

**Bottle of wine**  
**10.5 units**



(14%ABV / 750ML)

## Drugs

All drugs contain chemicals. Those that are prescribed for us will be checked to ensure they have no negative impact on any other medication we may be taking (although it's important to check if there are any side effects to be aware of).

However, any non-prescribed or illegal drug could create unintended consequences as they combine with the chemical hormones already present in our blood stream.

At times of stress, it can be easy to fall back on something that feels like a quick fix to our problems – but this could result in greater problems in the longer term.

## Sleep

On average, an adult requires approximately seven–eight hours of sleep per night. Sleep is not just a passive rest. Our bodies use this downtime to perform essential repair and growth, as well as memory consolidation and learning.

Short-changing ourselves at night has serious consequences for our health. Without adequate sleep, we risk a range of physical and mental symptoms that will have an impact on our wellbeing.

These include increased mood swings, food cravings, slower metabolism, a worsening of cardio-vascular health and a weakened immune system. These are surely enough reasons to encourage us to get to bed on time and treat ourselves to a really good night's sleep.

**If we are drinking, using stimulants and/or struggling with sleep it can be a useful to create awareness around why we might be doing this ...**

- **When I drink alcohol ...** am I doing it as a way to cope?  
Because I enjoy it?  
Both?
- **When I take non-prescription drugs ...** am I doing it as a way to cope?  
Does it help me with my stress and concerns?
- **If I am struggling with sleep ...** is it because I am struggling to switch off?  
Am I worrying or overthinking at night time?  
Do I have a positive sleep hygiene routine?



## **Ways to socialise or relax that don't involve alcohol or other substances**

- Going on a group walk, organised event or a day out.
  - Organising a games night or quiz night.
  - A hot bath in the evening.
  - Watching a show or documentary that interests you.
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# Sleep preparation techniques

- Turn off tech and avoid high phone usage after 8pm.
- Avoid large amounts of caffeine and or alcohol after 5pm.
- Create a relaxing environment to sleep in, aka low lighting and warmth.
- If you find yourself overthinking or planning at night have a notebook next to your bed and try writing down your thoughts to clear your mind.

# Five ways to develop resilience and encourage positive hormones.

## 1. Be active

Do you get out to experience nature? Savour time outdoors being active? Do you keep a healthy routine and eat well for your body type?

## 2. Take notice

Are you mindful (aware of your thoughts and emotions)? Do you understand what triggers your responses, and why? Do you understand how to practise distancing yourself from your thoughts and feelings, and take notice in a non-judgemental and compassionate way? Are you aware of the habits you engage in, and are they helpful to your overall wellbeing?

## 3. Connect

Do you talk about your wellbeing and share your experiences openly and honestly? Do you build strong relationships with others? Do you have people who you can be yourself with?

## 4. Learn

What are you doing to keep your brain stimulated? Are you working towards something? Do you strive for growth in areas that you feel passionate about? Do you find ways to learn more about yourself and how you best operate?

## 5. Give back

What increases your self-esteem? How do you find ways to give back and show kindness to those who need it? Does anyone do that for you? How have you felt in the past when you made a difference to a project or a person?



# Be Active!

Physical activity stimulates the production of dopamine and endorphins in our body, and encourages positivity.

Finding an activity that we enjoy, such as walking, dancing, yoga or running can be good for both our body and mind. In order to keep doing the activity on a regular basis and consistently, we need to enjoy it. We don't need to be running marathons to have a healthy body that thrives. Walking to the shops instead of taking the car and/or dancing to our favourite music in the house helps to increase the blood flow around our bodies and activates the positive hormones that make us feel good.

The human body is an incredible, complex and self-healing machine. We need to look after it and treat ourselves well, just like a beautiful garden or an expensive car.

Would you put diesel in a petrol car or would you water your plants with orange juice?

Just like our garden or car, we need the right fuel and ingredients to function properly.

## **Motivation**

Sometimes we may find that the less we do, the more unmotivated we feel. It can be very easy to fall into a 'rut'. As a result, it is important to be active in a way that feels right to us and set goals at our own pace. Following social norms or trying to complete goals that feel too big can feel overwhelming or just 'off', and, as a result, we don't complete them. If you aren't being active and/or achieving what you would like to achieve, can you ask yourself ...

# ... Why?

**Will I enjoy completing this goal?**

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**What would make this more enjoyable for me?**

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Coming back to the benefits we will receive when a goal is achieved can spur us on and keep us motivated when we feel like engaging in unhelpful habits.

**What positive outcomes will achieving this goal have for me in the long term?**

*My positive outcomes ...*

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## Ideas Toolkit

- Walk to the shops instead of driving.
- Set SMART goals E.g. Start with 3,000 steps a day, then 5,000, then 8,000 and then 10,000.
- Pick one type of exercise you enjoy and do it for 15 minutes a day. You can increase the time as your fitness levels improve.
- Find someone to be active with. You can encourage each other on days when your motivation feels low.



## Take Notice – Mindfulness.

There is a tendency for our brain to operate on auto pilot. As we learn and start to experience the world around us, we start building neural pathways. These neural pathways influence our beliefs, habits and behaviours. As a result, our repeated negative beliefs, habits and behaviours become the norm and can be more difficult to change. However, they can be changed through taking notice, becoming more aware and developing mindfulness.



# What is happening with my thoughts and emotions?

- Are my thoughts more positive or negative?
- How am I feeling emotionally?
- Is there a link between my thoughts and emotions?
- Could I perceive my thoughts and emotions in a more helpful and accepting way?

# 1. Inner Dialogue

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Our inner dialogue links to how we think of and perceive ourselves. All too often it is judgmental and can be unhelpful to our wellbeing. When we are stressed we are often employing one or more thinking traps that can significantly affect how we feel and how we behave.

**Thinking of the last time you were feeling low or finding things tough...**

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**What was your inner dialogue telling you? What were you thinking about yourself or the situation?**

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**Thinking of the last time you were in a stressful situation, did you employ any of the unhelpful thinking styles listed below?**

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**Mind-reading.**

**Thinking in  
extremes.**

**Labelling.**

**Catastrophising.**

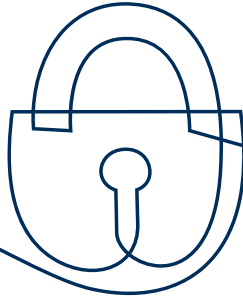
**Personalising.**

**Should, ought  
and must.**

**Overgeneralising.**

**Discounting  
the positive.**





When employing any of these **traps** we increase stress levels in the body, and our emotions are then negatively affected.

**Stressful thoughts can increase negative emotions** like fear, sadness and despair in the mind and body.


# 2. Emotional Intelligence

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Sometimes we wake up and feel all sorts of emotions, even if we don't think we have been thinking. This happens for a couple of reasons:

1. Old thought patterns and old hurts are remembered by our nervous system and we therefore feel strong emotions at times, even if nothing is happening. We have **70,000 thoughts a day** and they are happening all the time. We aren't always conscious of them.
2. Emotions are part of being human. We often perceive emotions as either good or bad, and therefore try to eradicate the 'bad' ones and force the 'good' ones. However, scientific research now shows that the **whole spectrum of emotions is normal and vital**, and that negative emotions aren't a representation of being unhappy.

So what can  
this tell us?



It is actually the judgement and rumination of the negative emotions that cause us to feel unhappy, and not the emotions themselves. Emotions are actually useful Intel and can support us in finding out who we are, what we value and what we want from this lifetime.

**Let's use the example of fear.**

We could hold a fear that if we are deployed our relationship could suffer. This fear just demonstrates that our relationship and the wellbeing of our loved ones is important to us. If we are aware of this fear, we are better able to set out plans to manage this, and create actions that allow us to tackle any issues that come our way. However, when we ruminate over this fear, and judge it, we increase the stress levels in our nervous system and aren't able to look at this issue in a solution focused way.





## Reflection Exercise

Thinking of one negative emotion that you feel or have felt in the past, how could this emotion be useful to you, and/or how has this been useful to you in the past?

If you haven't looked at an emotion in this way before, pick a negative emotion you have felt and outline how you could see this from a more positive and helpful perspective.

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## Ideas Toolkit

- Create time to meditate each day – research now shows that just five minutes a day of mindfulness can increase positive thoughts and reduce stress.
- Each day pick one thing to do mindfully – this could be the cleaning or the washing up. Simply practise doing this activity with as much focus as possible and watch how many times your mind drifts or you go into auto pilot.

# Connect.

## The importance of connecting and reaching out to others

The prolific psychologist Maslow created his hierarchy of needs (1943). In this, he suggested **love and belonging** were essential to a person's wellbeing. Scientific research continues to illustrate the importance of making connections, and having a network of supportive people around us to our overall wellbeing.



A desire to be around others and to communicate with them is a part of being human. Human connection increases Oxytocin production in the body, and, as a social being, we benefit from having people around us to ...



- **Share their problems with us**
- **Support us in hard times**
- **Guide us with plans, decisions and obstacles**
- **Have fun with and laugh with us**
- **Show us acceptance and approval when we find it difficult ourselves**



**Compassion**

**=**

**Connection**

**Compassion is a sensitivity to the concerns and issues we face as a human, and the ability to show empathy to ourselves and others.**

Without compassion for self and compassion for others, it is far more difficult to talk openly and honestly about how we are feeling. Thinking back to the section on taking notice of our thoughts, **are your judgemental thoughts about yourself or others affecting how you connect?**



# How do you perceive yourself and the experiences you are having?

**Do you feel worthy of support?**

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**Do you feel that you are 'weak' a 'burden' or 'deficient' if you open up to others or seek support?**

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**Are you operating from a 'pull yourself up by your bootstraps' approach and feel that you just need to get on with things?**

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**What would make it easier for you to talk to someone about how you are feeling or about how they are feeling?**

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**Thinking about the most compassionate version of yourself, what would they say if you or a friend were finding it tough?**

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The way we communicate with others also plays a big part in our overall wellbeing. Learning to communicate our worries, our fears, and our needs to others in an open, transparent and non-defensive way, is a key part of making healthy connections. **With this in mind, can you do something today that will help you connect with others?**





## Ideas Toolkit

- Have a conversation instead of sending an email or a text.
- Really listen when someone talks to you, and actively engage in the conversation.
- When someone asks how you are, try to be honest and open with them, moving away from the generic "I'm fine".
- In a discussion or disagreement, can you take the time to de personalise the situation and try to understand the other person's perspective before reactively responding?

# Learn.

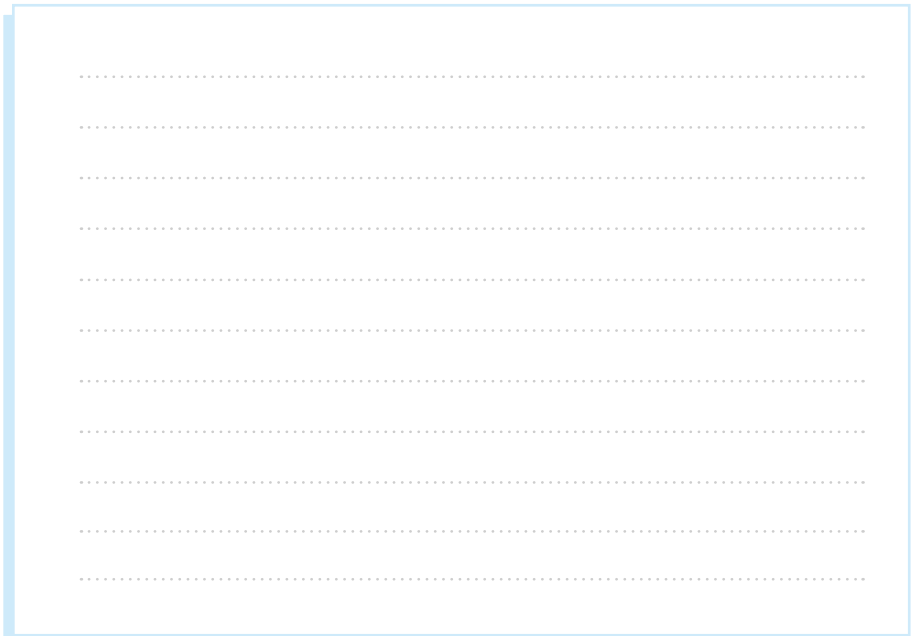
**Learning builds our self-confidence and self-esteem. When we achieve something we perhaps didn't think we could, we generally feel positive and happier with our lives. That is because learning new things and having new experiences increase the levels of dopamine and serotonin produced in our bodies.**

Sometimes we avoid new experiences and avoid learning new things because we don't feel we have the ability or we lack the self-esteem to do so. We sometimes then fall into a vicious cycle and feel 'stuck'. This is why taking notice of our inner dialogue and working on our self-compassion and self-acceptance is so important. Without it, we don't push ourselves in the ways that enable us to grow and flourish.

Learning something new or having new experiences can also enable us to let go of unhelpful habits, replacing them with new ones. Things like learning to cook, crafting, sports and reading give our lives more meaning, and we are therefore less likely to reach for unhelpful habits like emotional eating, smoking and drinking. Learning and exploring new things can also open up our world socially, and change perspectives or beliefs that haven't supported us in the past.

# When was the last time you learnt or experienced something new?

- How did you feel when you developed in this way?
- What has stopped you from learning or experiencing new things?
- If you took some time each week to learn more about yourself, what could be possible?
- What is one thing that secretly inside you have always wished you could do but not had the confidence or motivation to explore?
- What could you do this week to start exploring that wish?



A large rectangular box with a light blue border, containing ten horizontal dotted lines for writing.



## Ideas Toolkit

- Learn to cook a new recipe or how to do a DIY job at home.
- Read a book or a blog on a topic that has already interested you.
- Sign up to a class or a workshop online or in your local area.
- Learn how to do something new at work or take on a new responsibility.

# Give back.

Undoubtedly, supporting others and contributing to something outside of ourselves feels good. We probably all have a memory of a time when we gave back through support, through our time or through insight, and how good that felt. Giving back not only increases the dopamine (pleasure and reward) in our system, but also the oxytocin. Oxytocin is the hormone that is produced when we feel like we are accepted by others and belong. Giving back includes a huge range of activities from supporting a friend with a specific problem, donating things to charity or simply offering your time to those around you that need practical support.

Giving back ties in with the other ways to wellbeing, most specifically to connect. As already mentioned, as social creatures our wellbeing significantly increases when we connect to people in a meaningful way, and giving back allows us to do just that. We cultivate positive feelings like trust and cooperation and feel closer to the world around us. Feeling more grateful of others and more connected to the world also increases the positive feelings within each of us, and motivates us to engage with the world in a more positive way.

# Reflection Exercise

**What could you do today to give back?**

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**What is one thing you could do this month that would really make a difference to someone else, a project or a situation?**

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## Short term ideas

- Show gratitude to someone for something they have supported you with.
- Reach out to a relative or friend who needs support and lend an empathetic ear.
- When you ask someone how they are or how their weekend was, really listen to the answer and engage with them.
- Offer to help if you see someone struggling with something in your local community.

## Longer term ideas

- Arrange something special for your partner, a friend or a relative.
- Offer your time to a big project at work or help a relative with a project that feels overwhelming to them.
- Volunteer to a worthwhile cause in your local community, such as helping out at a local school, hospital, care home or friendship helpline.
- Make the decision to focus less on your own concerns, and start giving more to your close and important relationships.



# Way Forward.

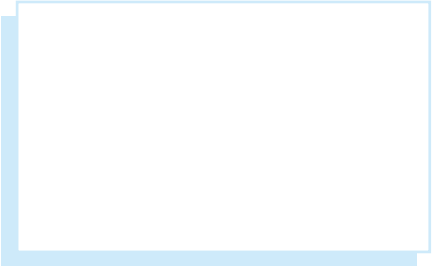
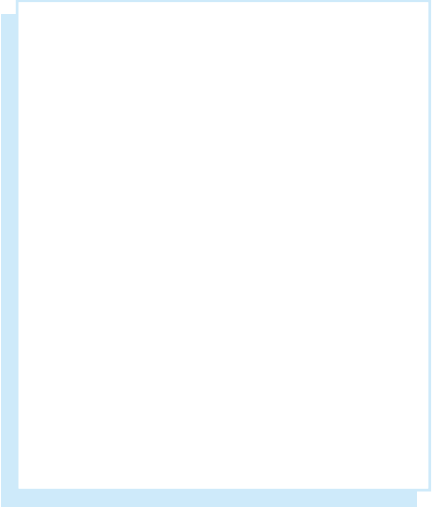
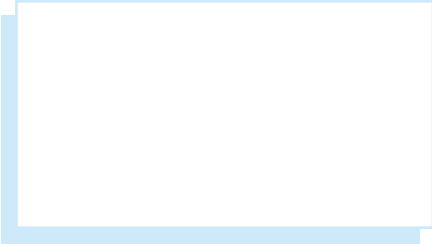
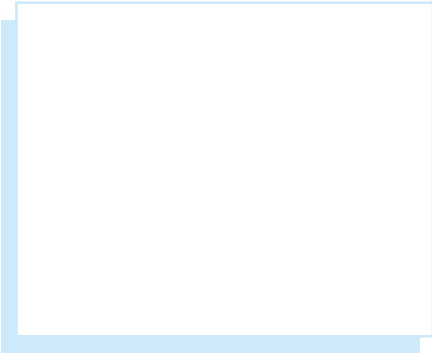
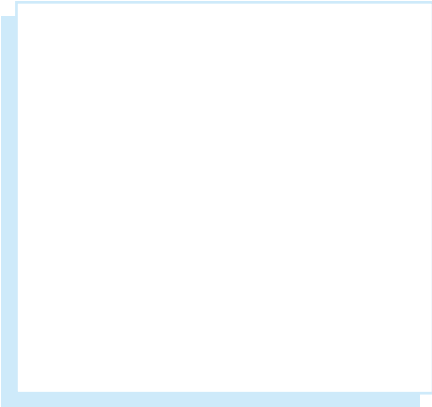
You should now be more aware of the activities that have a positive impact on overall wellbeing, and the things you can do to improve your lifestyle.

Although not all of these activities can be introduced overnight, over time they will contribute to a more positive sense of emotional, mental and physical wellbeing.

Thank you 😊



**What are you going to take from the workbook and put into action from today?**



# A - Z of information and support.

## **AGE UK**

0800 678 1602

[ageuk.org.uk](http://ageuk.org.uk)

Provides support, advice and activities for older people. Also provides free information and advice to help on topics as diverse as claiming benefits with care homes.

## **ALCOHOLICS ANONYMOUS**

0800 9177 650

[alcoholics-anonymous.org.uk](http://alcoholics-anonymous.org.uk)

A fellowship of men and women who share their experience, strength and hope with each other to help solve a common problem and help others to recover from alcoholism.

## **ALZHEIMER'S SOCIETY**

0330 333 0804

[alzheimers.org.uk](http://alzheimers.org.uk)

A care and research charity for people with dementia and their carers, providing help and support.

## **BEREAVEMENT ADVICE CENTRE**

0800 634 9494

[bereavementadvice.org](http://bereavementadvice.org)

Help with a wide range of practical issues that need to be managed after a bereavement as well as signposting to other support services.

## **BIG WHITE WALL**

020 3405 6196

[bigwhitewall.com](http://bigwhitewall.com)

Online mental health community. People come to Big White Wall for help with a wide range of mental health and wellbeing issues – from anxiety, depression, stress and trauma, to relationship problems and lifestyle challenges.

## **BIPOLAR UK**

0333 3233880

[bipolaruk.org.uk](http://bipolaruk.org.uk)

The national charity dedicated to supporting individuals with a diagnosis of bipolar disorder, as well as their families and carers.

## **BLESMA**

020 8590 1124

[blesma.org](http://blesma.org)

Dedicated to assisting serving and ex-service men and women who have suffered life-changing limb loss or the use of a limb, an eye or sight.

## **BLIND VETERANS UK**

0800 389 7979

[blindveterans.org.uk](http://blindveterans.org.uk)

Helping veterans overcome sight loss. Providing rehabilitation, training, practical advice and emotional support.

## **BRITISH RED CROSS**

0344 871 1111

[redcross.org.uk](http://redcross.org.uk)

Helps people in crisis, whoever and wherever they are.



## **CALM**

0800 58 58 58

[thecalmzone.net](http://thecalmzone.net)

A dedicated support line and online webchat for men who are experiencing emotional distress or are in crises.

## **CHASING THE STIGMA**

[chasingthestigma.co.uk](http://chasingthestigma.co.uk)

Mental health awareness and signposting service.

## **CITIZENS ADVICE**

03444 111 444

[citizensadvice.org.uk](http://citizensadvice.org.uk)

Free advice to help find a way forward, whatever the problem.

## **COMBAT STRESS**

0800 138 1619

[combatstress.org.uk](http://combatstress.org.uk)

Helping former servicemen and women deal with issues such as post-traumatic stress disorder (PTSD), anxiety and depression.

## **CONNECTIONS FOR LIFE - THE ROYAL AIR FORCES ASSOCIATION**

[rafa.org.uk/give-support/volunteering/connections-for-life/](http://rafa.org.uk/give-support/volunteering/connections-for-life/)

A welfare service that fights loneliness with friendship and creates a resilient, empowered and thriving RAF community who are able to remain independent.

## **CRUSE – THE BEREAVEMENT CHARITY**

0808 808 1677

[cruse.org.uk](http://cruse.org.uk)

Free confidential support, advice and information for adults, young people and children, when someone dies. They run a helpline as well as facilitated self-help groups across the country.

## **DEMENTIA UK**

0800 888 6678

[dementiauk.org](http://dementiauk.org)

Provides specialist dementia support. They provide support for families through their Admiral Nurse service.

## **DEPARTMENT FOR WORK AND PENSIONS**

[gov.uk/government/organisations/department-for-work-pensions](http://gov.uk/government/organisations/department-for-work-pensions)

Responsible for welfare, pensions and child maintenance.

## **EVERY MIND MATTERS**

[nhs.uk/every-mind-matters/](http://nhs.uk/every-mind-matters/)

An online quiz to get a free plan, designed to help people feel more in control, deal with stress and anxiety, boost mood and improve sleep.

## **FAMILY ACTION**

0207 2546251

[family-action.org.uk](http://family-action.org.uk)

Providing practical, emotional and financial support to those who are experiencing poverty, disadvantage and social isolation across England.

## **FRANK**

0300 123 6600

[talktofrank.com](http://talktofrank.com)

Support and advice on drugs and alcohol. Everything you need to know about drugs, their effects and the law.

## **GOV.UK**

[gov.uk/guidance/support-for-war-veterans](http://gov.uk/guidance/support-for-war-veterans)

Support for war veterans. Find out about legacy health, recognition, return to civilian life, support from the voluntary sector, commemoration and payment schemes.

## **HEADTALKS**

[headtalks.com](https://headtalks.com)

Aims to inform, inspire and engage those interested in mental health and wellbeing.

## **HEADS TOGETHER**

[headstogether.org.uk](https://headstogether.org.uk)

A campaign to tackle stigma and change the conversation on mental health.

## **HEARING VOICES NETWORK**

[hearing-voices.org](https://hearing-voices.org)

Helps people who hear voices, see visions and experience tactical sensations, and those that support them.

## **HELP FOR HEROES**

01980 844 820

[helpforheroes.org.uk](https://helpforheroes.org.uk)

Provides lifetime support to those wounded in the service of their country.

## **JOB CENTRES**

0800 055 6688

[gov.uk/contact-jobcentre-plus](https://gov.uk/contact-jobcentre-plus)

Part of the Department for Work and Pensions delivering working-age support services in the UK. Your local job centre can administer Jobseeker's Allowance, Incapacity Benefit, Employment and Support Allowance and Income Support.

## **NHS**

[nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing](https://nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing)

Provides steps to improve your mental health and wellbeing, helping you to feel more positive.

## **NOT FORGOTTEN ASSOCIATION**

0207 730 2400

[thenotforgotten.org](http://thenotforgotten.org)

The Not Forgotten Association combats isolation and loneliness among the Armed Forces community through social activities and challenge holidays.

## **MACMILLAN CANCER SUPPORT**

0808 808 0000

[macmillan.org.uk](http://macmillan.org.uk)

Provides specialist health care, information and financial support to people affected by cancer.

## **MIND**

0300 123 3393

[mind.org.uk](http://mind.org.uk)

Provides advice and support to empower anyone experiencing a mental health problem.

## **MUMS NET**

[mumsnet.com](http://mumsnet.com)

Pools knowledge, advice and support on everything from conception to childbirth, from babies to teenagers.

## **MENTAL WELLBEING COURSES:**

### **FINDING IT TOUGH? ROYAL AIR FORCES ASSOCIATION**

[findingittough.rafa.org.uk](http://findingittough.rafa.org.uk)

The RAF Association is offering free training, through an online mental wellbeing course for non-serving members of the RAF community.

## **POPPY FACTORY**

0208 940 3305

[poppyfactory.org](http://poppyfactory.org)

Support veterans with physical and mental health conditions to get back into employment across the UK.



## **PTSD RESOLUTION**

0300 3020551

[ptsdresolution.org](https://ptsdresolution.org)

Helps veterans, TA members and other reservists who are struggling to reintegrate into normal work and family life because of military trauma suffered during service in the Armed Forces.

## **OFFICERS' ASSOCIATION**

0203 761 6343

[officersassociation.org.uk](https://officersassociation.org.uk)

Helps former officers and their dependants live with dignity and independence.

## **ROYAL AIR FORCES ASSOCIATION**

0800 018 2361

[rafa.org.uk](https://rafa.org.uk)

The leading and largest single service membership organisation and charity providing welfare support for serving and ex-serving RAF personnel and their families.

## **RAF FAMILIES FEDERATION**

01780 781650

[raf-ff.org.uk](https://raf-ff.org.uk)

Provides all serving RAF personnel and their families with timely professional support, assistance and an independent voice regarding issues or concerns they may have.

## **RELATE**

0300 100 1234

[relate.org.uk](https://relate.org.uk)

Offers a range of services to help with couple and family relationships, including counselling support and therapy focusing on relationship issues.

**RETHINK**

0121 5227007

[rethink.org](http://rethink.org)

Runs over 200 mental health services and 150 support groups across England.

**RNIB**

0303 123 9999

[rnib.org.uk](http://rnib.org.uk)

Offers help and support for blind and partially sighted people – including practical and emotional support, reading services and products offered in their online shop.

**ROYAL BRITISH LEGION**

0808 8028080

[britishlegion.org.uk](http://britishlegion.org.uk)

Helps members of the Royal Navy, British Army, Royal Air Force, veterans and their families.

**ROYAL AIR FORCE BENEVOLENT FUND**

0300 102 1919

[rafbf.org](http://rafbf.org)

Supports serving and former members of the RAF as well as their partners and dependant children.

**SANE**

0300 304 7000

[sane.org.uk](http://sane.org.uk)

Meeting the challenge of mental illness - Sane believe that no-one affected should face crisis, distress or despair alone.



## **SAMARITANS**

116 123

[samaritans.org](https://www.samaritans.org)

Provides emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout the UK and Ireland.

## **SCOPE**

0808 800 3333

[scope.org.uk](https://www.scope.org.uk)

Scope is a national disability charity that campaigns to challenge and change negative attitudes about disability and provides direct services.

## **SOCIAL SERVICES**

Contact details available through each local authority area. Known as Social Care, their role is the provision of social work, personal care, protection and social support services to children and adults in need or at risk.

## **SSAFA FORCES LINE**

0800 7314880

[ssafa.org.uk/get-help/forcesline](https://www.ssafa.org.uk/get-help/forcesline)

Trained welfare advisors and volunteers work with each person to find out exactly what they need. Once assessed, they will help the individual or family access the support required.

## **STEP CHANGE**

0800 138 1111

[stepchange.org](https://www.stepchange.org)

Provides expert advice and fee-free debt management.

## **STOLL**

0207 385 2110

[stoll.org.uk](http://stoll.org.uk)

Providers of supported housing to vulnerable veterans.

## **TIME TO CHANGE**

[time-to-change.org.uk](http://time-to-change.org.uk)

Campaigns to change the way people think and act about mental health problems.

## **THE CHARITY FOR CIVIL SERVANTS**

0800 056 2424

[foryoubyyou.org.uk](http://foryoubyyou.org.uk)

Supporting civil servants, past and present, when times are tough, listening without judgement and offering practical, financial and emotional support.

## **TURN 2 STARBOARD**

01326 314262

[turntostarboard.co.uk](http://turntostarboard.co.uk)

Provides sailing trips to enable service families affected by operations to spend some time together.

## **TURN2US**

[turn2us.org.uk](http://turn2us.org.uk)

Helps people in financial hardship to gain access to welfare benefits, charitable grants and support services.

## **U3A (UNIVERSITY OF THE THIRD AGE)**

0208 466 6139

[u3a.org.uk](http://u3a.org.uk)

A UK movement of retired and semi-retired people who come together to continue their educational, social and creative interests.

## **VETERANS GATEWAY**

0808 802 1212

[veteransgateway.org.uk](http://veteransgateway.org.uk)

Provides support for veterans, helping them to find the information and advice they need for healthcare, housing, employment, finances and more.

## **VETERANS UK**

0808 1914218

[gov.uk/government/organisations/veterans-uk](http://gov.uk/government/organisations/veterans-uk)

Provides support to enable the seamless transition from service to civilian life, assist bereaved families or respond to life events that present welfare needs.

## **WALKING WITH THE WOUNDED**

01263 863 900

[walkingwiththewounded.org.uk](http://walkingwiththewounded.org.uk)

Provides vulnerable veterans with independence through employment.

## **WITH YOU**

[wearewithyou.org.uk](http://wearewithyou.org.uk)

Supports adults, children, young adults and older people to make positive behavioural changes around alcohol, drugs, mental health and wellbeing.

## **X FORCES**

0800 368 9533

[x-forces.com](http://x-forces.com)

Offers a range of business support for those within the military community considering self-employment or business ownership.



**Patron: Her Majesty The Queen**  
Registered Charity 226686 (England & Wales).  
SC037673 (Scotland).



The Hobson Charity