Veterans Wellbeing Support

This resource guide provides information on services and organisations that support veterans and their families. Whether you need advice on health, wellbeing, housing, employment, finances, or social support, these resources can help you access the assistance you need.

National Veteran Support Organisations

A range of national charities provide specialist support for veterans and their families. These organisations offer assistance with mental health, welfare and financial advice, employment, housing, and opportunities to build community connections and improve wellbeing.

Veterans' Gateway

The team of advisors are available **24 hours a day, seven days a week on 0808 802 1212**. Connected to a network of Armed Forces organisations, they will make sure that you are quickly referred to those best placed to provide support.

Veterans' Gateway also has an extensive range of Self-Help Resources, allowing veterans to search for help and advice independently on a range of issues such as housing, employment and finances.

Valour

VALOUR is a new national programme that makes it easier for veterans and their families across the UK to access the care and support they deserve.

https://valour.campaign.gov.uk/

Royal British Legion

The Royal British Legion helps members of the Royal Navy, British Army, Royal Air Force, veterans and their families.

They support serving and ex-serving personnel all year round, every day of the week.

Support starts after one day of service and continues through life, long after service is over.

https://www.britishlegion.org.uk/

SSAFA

Their support covers both regulars and reserves in the Royal Navy, the Royal Marines, the British Army and the Royal Air Force and their families, including anyone who has completed National Service. They know and understand the unique demands of service life, whether in the UK or overseas, and in times of need, they help to enable the Forces family to thrive.

https://www.ssafa.org.uk/

Royal Marines Charity

The Royal Marines Charity exists to help the entire Royal Marines family. Their mission is to provide support, advice and lifelong camaraderie for serving and retired Marines and their families.

https://rma-trmc.org/

Combat Stress

Combat Stress provides specialist treatment and support for veterans from every branch of the military and theatre of operation, focusing on those with PTSD, Complex-PTSD, and moral injury resulting from their experiences during military service.

https://combatstress.org.uk/

PTSD Resolution

Free, prompt, confidential and effective treatment for veterans' mental health

They help former members of the UK Armed Forces, Reservists, and family members affected by PTSD, trauma, depression, anxiety, flashbacks, nightmares, and related mental health issues.

https://ptsdresolution.org/

Help for Heroes

Help for Heroes, believe every member of the Armed Forces community deserves the chance to live well after service.
Transitioning to civilian life can be tough, they provide tailored support for physical and mental health, welfare, and social needs — for veterans and their families.
They also help civilians who served under UK Command, for example Afghan interpreters.
Since 2007, they've supported over 25,000 people to live well after service.

https://www.helpforheroes.org.uk/

Specialist NHS Veteran Services

The **NHS** provides a range of specialist services dedicated to supporting veterans.

Op COURAGE

Op COURAGE is an NHS mental health specialist service designed to help serving personnel due to leave the military, reservists, armed forces veterans and their families.

https://www.awp.nhs.uk/our-services/community-services/veterans

Op ASCEND

Free, government-backed support to grow your career after service.

https://careersafterservice.campaign.gov.uk/

Op FORTITUDE

Op FORTITUDE helps connect people in the Armed Forces Community who are experiencing homelessness to a network of support.

https://www.britishlegion.org.uk/get-support/expert-guidance/housing/op-fortitude

Op NOVA

Op NOVA, delivered by the Forces Employment Charity and commissioned by NHS England, provides support for veterans who are in contact with the justice system, enabling them to access the services they need.

https://www.forcesemployment.org.uk/programmes/op-nova/

Op RESTORE

Op RESTORE, The Veterans Physical Health and Wellbeing Service is an NHS service that supports individuals who have served in, or are leaving, the UK armed forces and have continuing, physical health injuries and related medical problems attributed to their time in the armed forces. It is hosted at Imperial College Healthcare NHS Trust.

https://www.oprestore.nhs.uk/

Local Support in North Devon

Op HEARTH

Op HEARTH is a community support organisation based in North Devon that helps military personnel, veterans, and their families connect and navigate the unique challenges of service life.
Details: Facebook- Op Hearth

The Veterans Charity- Barnstaple

They provide urgent support to Veterans who find themselves battling hardship and the distress it causes. Despite being a small charity, they operate nationally, delivering support across the entire UK. They can assist with essentials such as food, utilities, clothing and footwear, communications including smartphones and tablets, travel and fuel support, household basics and large single appliances.

The recipient of support must be someone who has served within UK Armed Forces and can verify at least 6 months' service. Their support can also be extended to Service Personnel and Reservists.

In addition to their rapid support programmes, they also operate socially inclusive events such as coffee mornings and breakfast clubs, The Black Dog Walking Club, Routes of Remembrance, Ribbon of Poppies and many engaging challenge events which bring people together in support of our Armed Forces Community.

https://www.veteranscharity.org.uk/

Root Cause Project CIC

Founded by veterans, Root Cause Project offers practical, experience-led support for the military community, built on real understanding of life during and beyond service.

Small Roots, Tender Shoots

Small Roots, Tender Shoots is a veteran-led wellbeing & education programme supporting children from Armed Forces families through bushcraft, outdoor learning and meaningful connection.
Developed & delivered by qualified teachers and forest school practitioners, the programme combines education expertise, outdoor learning and an understanding of military life to help service children build confidence, resilience, a stronger sense of belonging and increased engagement in school.

https://rootcauseproject.com/

The Hub- Armed Forces Community Support

Devon-based charity that helps veterans, service personnel, reservists, and their families with welfare, mental health, housing and employment.

https://armedforceshub.com/

Green Path Education

Green Path Education CIC, proudly stand alongside military families- offering consistent, compassionate support in times of transition, challenge and change.

Based in North Devon and working closely with local bases and services, they provide outdoor-based emotional and practical support for service children, parents and whole families. Whether you're navigating deployment, moving house, starting a new school or managing an EHCP.

or managing an EHCP, we are here to walk beside you

https://www.greenpathseducationcic.org.uk/

Veterans Champion

Our trained Veterans Champion works across the four GP practices to support Veterans and their families. They work in a trauma- informed and person-centred manner, providing support, guidance and signposting to appropriate services.

To receive support, request a referral to the Wellbeing Team.



Brannam | Fremington | Litchdon | Queens Medical Centres Barnstaple, North Devon