

Help for Carers in the Armed Forces Community

Are you supporting someone with mental health difficulties?

If you are caring for someone with anxiety, depression PTSD or adjustment disorder this service could be for you.

This is a service to give support, education, and skills training to people caring for someone with mental health issues.

This is a free service for anyone over 18 in the Armed Forces community

You will have access to private and confidential sessions over the Internet using video link or by telephone.

If you would like some more information or want to join the service please contact:

Healios: 03303 350603
info@healios.org

Army Families Federation: additionalneeds@aff.org.uk