

## Factsheet - Ex-Services Mental Welfare Society (Combat Stress)

Combat Stress provides specialist help and care to ex-Service men and women who suffer from Post Traumatic Stress Disorder and other psychological conditions caused as a result of their Service in the UK Armed Forces and the Merchant Navy. Their national network of welfare officers visit clients at home in order to establish how best they can improve their quality of life and, through their three treatment centres, Combat Stress can provide in-house remedial treatment.

Although the primary responsibility for the care and treatment of ex-Service men and women lies with the NHS, Combat Stress is able to provide a continuity of support to the ex-Service community. Referrals reach them through many channels, among them the Service Benevolent Funds, The Royal British Legion, SSAFA Forces Help and other service and civilian charities as well as GP's and psychiatrists.

For each referral Combat Stress receive, the Society's Welfare Service makes the initial link with the veteran and it is one of the Society's Regional Welfare Officers who will make a home visit. They believe that their Welfare Officers so often succeed in establishing a link as they are all ex-Service themselves with first hand experience of service life which makes them perhaps better able than most to understand the problems of the veteran. Their objective above all else is to improve the quality of life for each client and his or her immediate family.

The following highlights just some of the help that is available from the Combat Stress Treatment Centres:

- Anger Management
- Anxiety Management
- Post Traumatic Stress Education
- Help with sleep disorder and grief work
- Art Therapy
- EMDR
- CBT Trauma Focussed work
- Looking at depression

We also have an Activities Centre and offer Carer Support to wives and partners.

During each stay a client will be allocated a key worker who is available for one to one counselling.

### For more information:

Contact Combat Stress on **01372 841 600** or visit their website at [www.combatstress.com](http://www.combatstress.com)

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