

Veterans Welfare Signposting Directory

This directory helps veterans, service leavers, and their families quickly find trusted organisations offering support across key areas of need. If you are unsure where to start, any organisation listed can help direct you to the right service.

Money, Benefits & Financial Support

The Royal British Legion (<https://www.britishlegion.org.uk/> Phone 0808 802 8080)

Provides financial assistance and long-term welfare support.
Offers:

- Emergency grants for essential living costs
- Help with debt, benefits, and budgeting
- Financial hardship support for individuals and families

SSAFA (www.ssafa.org.uk Phone 08002606780)

Delivers practical, caseworker-led financial support.
Offers:

- Grants for urgent financial need
- Help accessing benefits and allowances
- Support with housing-related costs and arrears

Veterans UK (<https://www.gov.uk/government/organisations/veterans-uk>
Phone 0808 1914 218)

Official government support service.
Offers:

- Armed Forces pensions and compensation schemes
- Injury or illness compensation related to service
- Bereavement and survivor payments and guidance

Mental Health & Emotional Wellbeing

NHS Op COURAGE (<https://veteranaware.nhs.uk/op-courage/>)

Specialist NHS mental health service for veterans.
Offers:

- Mental health assessments and treatment
- PTSD, anxiety, and depression support
- Care coordination and referral to NHS services
- Crisis and ongoing therapeutic support

Combat Stress (<https://combatstress.org.uk/> Phone 0800 138 1619)

Specialist charity for complex mental health conditions.

Offers:

- Treatment for PTSD and trauma-related conditions
- Residential and community-based therapy
- 24/7 helpline support
- Family support services

Help for Heroes (www.helpforheroes.org.uk/ Phone 0300 303 9888)

Focuses on recovery and wellbeing after service.

Offers:

- Mental health and psychological support
- Peer support networks
- Recovery centres and wellbeing programmes
- Activities promoting resilience and confidence

Housing & Homelessness Support

SSAFA

Provides practical housing support through caseworkers.

Offers:

- Help for veterans at risk of homelessness
- Support with temporary and long-term accommodation
- Advocacy with landlords and housing providers
- Assistance with housing-related financial issues

The Royal British Legion

Supports veterans facing housing insecurity.

Offers:

- Emergency housing-related grants
- Advice on housing options and welfare rights
- Support for independent and supported living needs

Families, Relationships & General Welfare

SSAFA

Supports serving personnel, veterans, and their families.

Offers:

- Family relationship support
- Child and partner wellbeing assistance
- Bereavement support
- Dedicated caseworker advocacy

The Royal British Legion

Provides holistic family welfare support.

Offers:

- Emotional and practical family assistance
- Care for elderly veterans and dependants
- Support during crisis or bereavement situations

Rehabilitation, Recovery & Disability Support

Help for Heroes

Focused on recovery after physical or psychological injury.

Offers:

- Physical rehabilitation programmes
- Wellbeing and adaptive sports activities
- Employment and skills development
- Long-term recovery planning

Blind Veterans UK (www.blindveterans.org.uk Phone 0300 111 2233)

Specialist support for sight loss in veterans.

Offers:

- Rehabilitation and independence training
- Assistive technology and equipment
- Residential support centres
- Ongoing emotional and practical support

BLESMA (<https://blesma.org/> Phone 020 8590 1124)

Limbless Veterans

Specialist & Coordinated Support

Cobseo (www.cobseo.org.uk)

A membership organisation for military charities.

Offers:

Coordination of veteran support services
Signposting to specialist charities
Sector-wide welfare collaboration

Naval Charities

Royal Navy and Royal Marines Charity (www.rnrmc.org.uk Phone 023 9387 1520)

Umbrella/principal Royal Navy charity

Financial grants, wellbeing programmes, family support, mental health services, veteran support, funding for partner charities, morale and quality-of- life projects for serving personnel and veterans. Recovery programmes for injured personnel, transition to civilian life, welfare support, family assistance, community and lifelong support.

Royal Naval Association (www.royal-naval-association.co.uk Phone 023 9272 3747)

Community and social support

Local branches, camaraderie, welfare referrals, remembrance events, support networks for former and serving personnel.

Royal Naval Benevolent Trust (<https://rnbt.org.uk/> Phone 02394 216294)

Financial and welfare help

Grants for hardship, care homes, housing support, emergency assistance for naval veterans and dependants.

Naval Children's Charity (www.navalchildrenscharity.org.uk Phone 023 9263 9534)

Children and family support

Help for children of serving or former naval personnel, education support, grants, crisis assistance, family wellbeing.

Royal Navy Officers' Charity (<https://www.arno.org.uk/rnoc/> Phone 020 7402 5231)

Officer-focused welfare

Financial assistance and practical support for former officers and their families facing hardship.

The White Ensign Association (www.whiteensign.co.uk Phone 07384575598)

Practical advice and transition to civilian life

Housing advice, benefits support, career help, debt guidance, employment and resettlement assistance.

The Seafarers' Charity (www.theseafarerscharity.org Phone 0800 160 1842)

Wider maritime support including RN personnel

Grants for welfare organisations, support for former seafarers and families, hardship assistance.

Trinity House (www.trinityhouse.co.uk Phone 020 7481 6900)

Maritime welfare and education

Housing support, scholarships, support for retired mariners and maritime safety initiatives.