



Ministry
of Defence

Support Networks

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Resources for Service Personnel

Armed Forces Charities

- [The Royal British Legion](#)
- [SSAFA](#)
- [Royal Navy & Royal Marines Charity](#)

Welfare Services

Naval Service Family and People Support

Tel: 0800 145 6088

Email: navynps-peoplesptnsfpsptl@mod.gov.uk

[NS FPS Information Support](#)



Army Welfare Service

Tel: 01904 882053

RC-AWS-IAT-0Mailbox@mod.gov.uk

[Army HIVE](#)

RAF SSAFA

Tel: 03000 111 723

Email: sswsRAF@ssafa.org.uk

[RAF HIVE](#)



Joint Casualty and Compassionate Cell

JCCC provide a Worldwide Compassionate Casework Service.

Tel: 01452 519 951

Resources for Service Personnel

Service Benevolent Funds

- [The Royal Navy Benevolent Trust](#)
- [ABF The Soldiers Charity](#)
- [The Royal Air Force Benevolent Fund](#)

Forces Families

- [Navy Families Federation](#)
- [Army Families Federation](#)
- [RAF Families Federation](#)

Other support

- SSAFA Forces with Additional Needs Forum (FANDF): [Additional Needs and Disability Guide](#)
- Directorate for Children and Young People
 - [Gov.UK](#)
 - [Facebook](#)
 - DCYP's main contact with families is through our Children's Education Advisory Service: DCYP-CEAS-Enquiries@mod.gov.uk



Resources for Civil Servants

[Employee Assistance Programme](#)

- Provided by Health Assured
- Available 24/7

[Charity for Civil Servants](#)

- The Charity can provide practical and financial support for anyone struggling

[Mental Health First Aiders](#)

- Local TLBs and similar arrangements will be able to help you.



Defence Charities

Samaritans

- Samaritans is free to call on 116 123
- Email: jo@Samaritans.org

Big White Wall

- A free service for Armed Forces Personnel and their Families to talk about whatever's on your mind.

Combat Stress

- Combat Stress has a 24-hour helpline for AF Personnel and Families
- 0800 323 4444

COBSEO

- Support is provided by COBSEO – Service Charities and Regimental Associations.

