

Help for Heroes

The Mayor, Christina Whitty, and her consort Terry regularly attend the Veterans Friday at Help for Heroes at HMS Drake Plymouth, where they have been members for the past two years.



Help for heroes is a fantastic organisation which give support to wounded, injured and sick veterans and serving military personnel and their families.

The Help for Heroes Band of Brothers and Band of Sisters team are dedicated to providing a listening ear, fellowship, and direct, practical support for life.

Their friendly, experienced team are available on 01752 562179 to speak with Monday to Friday 09.00 - 17.00. Any enquiries received out of these hours will be picked up as soon as possible.

Anyone who needs support outside of these hours, we would recommend you contact one of the following organisations:

Forcesline 0800 7314880 (Monday - Friday 10.30 - 19.30) Free and 100% confidential helpline that provides a supportive, listening and signposting service for serving personnel, former members of the Armed Forces and their families.

Samaritans 0845 7909090, ROI 1850 609090. (available 24 hours)

Providing confidential emotional support for people who are experiencing feelings of distress, despair or suicidal thoughts.

Combat Stress 0800138 1619 (available 24 hours)

Confidential and safe help and advice about Service-related mental health issues for the whole military community.

Big White Wall (available 24 hours)

Share what's troubling you anonymously 24 hours a day, 7 days a week - join the Big White Wall network. Free for serving personnel, veterans, family members and carers.

SPVA Veterans Welfare Service 0808 1914 2 18

The following link will give you information on claiming AFCS, Armed Forces Independence Payment, Medical Discharges and Pension Forecast Requests: www.gov.uk/government/groups/veterans-welfare-service#veterans-uk-home-page