

USEFUL SUPPORT

Service Personnel



Royal Navy Family & People Support is available throughout the Christmas Period:

Mon - Fri 0800 - 2000; Sat & Sun (& Public Holidays) 0900 - 1600

Tel: 0800 145 6088/02392 728777

Out of Hours: via Officer of the Watch (OOW):

Portsmouth: 023 92 723875

Plymouth: 01752 555220

Yeovilton: 01935 45 5444/5446

Faslane: (DNBO) 01436 674321, ext. 4005

Email: [navynps-peoplesptrnfpstl@mod.gov.uk](mailto:navymps-peoplesptrnfpstl@mod.gov.uk)

Join a Social Media Group - all official community Facebook groups are linked to the RN FPS Page:

RoyalNavyFPS. Or join the RN Forum: www.royalnavy.mod.uk/forums

Royal Navy Chaplains are available throughout the Christmas Period and can be contacted via the OOW noted above or via the following numbers:

HMS DRAKE, RALEIGH, BRNC & CTC: 07773156768 (please use for calls only)

Southwick Guard Room: 02392 284428

CULDROSE SOOD: 01326 552145

Aggies Pastoral Workers will be contacted by the Royal Navy Chaplains should their support be required.

Headfit can be accessed 24/7 and provides self-help assistance that can enhance mood, drive and confidence. The tool aims to help defence people manage anxiety and stress caused by the coronavirus pandemic alongside the stresses of everyday life.

Web: www.headfit.org

Regain support for Royal Marines with concerns about their Mental Health

Tel: 01206 817057

Web: <https://www.royalnavy.mod.uk/news-and-latest-activity/features/project-regain>

Combat Stress Mental Health Helpline is open 24 hours a day, 365 days a year

Tel: 0800 138 1619

Text: 07537404719

Email: helpline@combatstress.org.uk

Samaritans is open 24 hours a day, 365 days a year

Tel: 116 123

Email: jo@samaritans.org (response time 24 hours)

Samaritans Self Help App: <https://selfhelp.samaritans.org/>

SSAFA Forces Line is available Monday to Friday (including Bank Holidays) from 0900 - 1730

Tel: 0800 731 4880

Live Chat: <https://www.ssafa.org.uk/get-help/forcesline>



www.royalnavy.mod.uk



@RoyalNavyFPS



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rnm-wio@royalnavymail.mod.uk

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Arora New Dawn is a registered charity giving safety, support, advocacy, and empowerment to survivors of domestic abuse, sexual violence and stalking.

Tel: 02394 216 816

Email: armedforces@aurorand.org.uk

Royal British Legion is available 0800 - 2000, 7 days a week.

Tel: 0808 802 8080

Online Chat: https://support.britishlegion.org.uk/app/utils/login_form/redirect/chat%252Fchat_launch

National Debtline provide free and independent debt advice online and over the phone, Mon - Fri 0900 - 2000, Sat 0930 - 1300.

Tel: 0808 808 4000

Webchat: <https://www.nationaldebtline.org/contact-us/>

Mind - the Mental Health Charity provide a wealth of information to support individuals who are concerned about their Mental Health with a helpline open Mon - Fri 0900 - 1800 (not open Bank holidays)

Tel: 0300 123 3393

Webchat: <https://www.mind.org.uk/information-support/helplines/>

Togetherall offers online support for those in Psychological distress: <https://togetherall.com/en-gb/H:\Downloads\www.togetherall.com>

Drinkaware offers an online chat facility <https://www.drinkaware.co.uk/advice/support-services/alcohol-support-services>

Gamcare offers an online chat facility: <https://www.gamcare.org.uk/>

Money Force offers financial and employment support: <https://www.britishlegion.org.uk/get-support/financial-and-employment-support>

