



They fight our wars. We fight their battles.

Key Facts Sheet 2009

- Combat Stress is the leading UK charity specialising in the care of Veterans' mental health.
- Founded in May 1919, we have supported almost 100,000 Veterans of every campaign that British Forces have been involved in since the First World War.
- We are currently caring for approximately 4,200 ex-Service men and women, including 73 who have served in Iraq and 317 who have served Afghanistan. Our youngest Veteran is just 19 years old.
- 81.8% of our Veterans are ex-Army.
- On average it takes over 14 years from Service discharge for Veterans to make the first-step approach to Combat Stress for help.
- Approximately 60% of our Veterans suffer from PTSD (Post Traumatic Stress Disorder). Other and co-existing conditions include depression, alcohol and/or drug abuse, anxiety and phobic disorders.
- To help Veterans rebuild their lives, we provide two key services:
 - **Short-stay clinical treatment** – within a safe, peer-group setting – at one of our residential centres in Ayrshire, Shropshire and Surrey.
 - **Community outreach**, delivered nationally through a network of Mental Health Practitioners, Community Psychiatric Nurses, and Regional Welfare Officers.
- Last year alone, we received 1,257 new referrals – up 8% on the previous year, and up 66% since 2005. Over 42% of these Veterans self-referred.
- We will need to raise £3.6 million in charitable donations this year to meet our current operating costs, expected to reach £10 million in 2009/10.
- Combat Stress celebrated its 90th anniversary on 12 May 2009.
- For more information about our work, please visit www.combatstress.org.uk or contact Robert Marsh, Director of Fundraising and Communications, on 01372 841615; email: robert.marsh@combatstress.org.uk.
- Registered Charity Number: 206002; Charity Number Scotland: SC 038828
Company Limited by Guarantee Registered in England and Wales No. 256353