

PTSD – Support & Services Quick Card

UK-Wide Helplines

- Samaritans – 116 123 (24/7 listening)
- Shout – Text SHOUT to 85258 (24/7 crisis textline)
- Mind – 0300 123 3393 (mental health support)
- NHS 111 – urgent but not emergency medical advice

Veterans & Forces

- Combat Stress – 0800 138 1619 (24/7 for veterans)
- NHS Veterans Mental Health Service – via GP referral
- Help for Heroes – recovery & wellbeing support

Police & Emergency Responders

- Police Care UK – www.policecare.org.uk
- The Fire Fighters Charity – 0800 389 8820
- Ambulance Staff Wellbeing Hubs – regional services
- NHS Staff Mental Health & Wellbeing Hubs – self-referral

In Crisis

- If you or someone else is in immediate danger, call 999 (UK emergency services).
- If outside the UK, call your local emergency number.

This quick card is for information only and not a substitute for professional medical advice. Keep it handy, and share with colleagues, peers, or family if needed.