



Listening Talking Caring

A free counselling and support service for
aged veterans, their families and carers





This service offers free counselling to any UK veteran born before 1st January 1950. We also support the carers and relatives of veterans. We have been established by Blind Veterans UK and other military support charities and are funded by the MoD's Aged Veterans Fund.

What is Counselling?

Whatever our circumstances, background or role in life, we all face problems from time to time – whether personal, family, emotional or practical. Talking about what is worrying us, and sharing our troubles with a sympathetic person can help us feel better.

A counsellor is a professionally trained individual who will take the time to listen, understand and help you with any situation that is worrying you.

What issues do we help with?

This Aged Veterans Counselling service can help you with any issue; from offering a friendly chat to working through a more complex problem.

Funding

We are funded by a generous grant from the MoD's Aged Veterans Fund



We can help you with:

Loneliness

Many of us can feel lonely from time to time. Our family may live a long way away, and old friends may have passed away. Talking about your sense of loss can help you feel better.

Depression

Depression can affect anyone at anytime. Churchill famously suffered from his "Black Dog". Counselling can help you to overcome depression and can give you strategies to cope when you feel down.

Bereavement

Coping with the loss of loved ones and close friends is never easy. We can help you move beyond a sense of emptiness after losing someone close.

Anxiety

Feeling scared, unsure and nervous are all common problems. Counselling can help you regain your self-confidence, and equip you to face your anxieties.

Relationships

Relationships need to be maintained and nurtured. Counselling can help you to improve relationships with your partner, colleagues, family and friends.

How Does it Work?

After we receive your application, we will contact you to make arrangements for your counselling.

If you find it hard to travel, our counsellor can visit you in your own home. Alternatively, you can see a counsellor at a location near to where you live.

After you have seen a counsellor for the first time, they will normally offer you a course of 5 additional counselling sessions, usually at regular times each week to suit you.

Who can use this service?

- ◆ Any **veteran** born before 1st January 1950 who has served in any branch of the UK armed forces.
- ◆ A family **relative** of a veteran (born before 1st January 1950) who requires support on an issue connected to the veteran's personal circumstances.
- ◆ A **carer** of a veteran (born before 1st January 1950) who requires support on an issue connected to the veteran's personal circumstances.

How to Access Counselling:

You can apply in 3 ways:

1 Veterans Charity

If you are a member of a veterans' charity, you can contact their welfare team and ask them to apply for counselling on your behalf.

2 Online

You can go online and complete an Application Form on our website:

agedveteranscounselling.org.uk

3 Telephone

Call us on our local rate 24/7 helpline number:

0300 0120 247

We can take your application over the phone, or if you prefer we can post you an application form.



Is it Private and Confidential?

All counselling conversations are private and confidential, and will not be disclosed to anyone else. Your confidentiality would only ever be breached in extreme circumstances; for example, if a counsellor considered that you may harm yourself or others.

Who Provides This Service?

This counselling service has been established by a consortium of military welfare charities, under the direction of Blind Veterans UK.

The service is administered by a professional counselling and employee assistance organisation, Wellbeing Solutions Management (WSM), in partnership with Doctorcall, a healthcare provider.

Who are our Counsellors?

Our counsellors are carefully selected, fully qualified and accredited with a recognised professional association.

Support for Veterans Born After 1st January 1950

This service offers free counselling to UK veterans born *before* 1st January 1950. If you are a veteran born *after* 1st January 1950, your local veterans' charity may be able to provide counselling for you. Your GP can also arrange counselling.

General advice and welfare support for veterans is provided by the Royal British Legion:

Helpline: 0808 802 8080

Email: info@britishlegion.org.uk

Website: www.britishlegion.org.uk



For counselling and general enquiries call:

0300 0120 247

www.agedveteranscounselling.org.uk
enquiries@agedveteranscounselling.org.uk

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