



Signposting Booklet for Participants

Below is a list of charities, support agencies and organisations that you may find helpful. Most of these sit outside of the Royal Navy. They are provided for you to use at any time.

It is important that you consider the medical, divisional and welfare support available to you at HMS Raleigh. Usually, it is better to ask for help from your Divisional Officer, Medical Officer, chaplain, or welfare team as they understand your situation and can provide care, support and if necessary, treatment directly.

As detailed in the Participant Information Leaflet, you are also free to contact either the lead researcher or the Independent Medical Officer if you are struggling and need advice or support:

Lead Researcher: Max Slavin

Max.slavin817@mod.gov.uk

Mobile: 07840332132

Independent Medical Officer: Surg Cdr Mike Russell

Michael.Russell456@mod.gov.uk

General Information to Support Health and Wellbeing

If at any time you feel unable to keep yourself safe or are in immediate danger, call 999 or attend your nearest A&E department.

Urgent mental health support If you need urgent help for your mental health:

- **Call** NHS 111 and select the mental health option (available 24/7)
- Contact your local NHS urgent mental health crisis team if you are already under mental health services
- Call Samaritans on 116 123 (24/7)
- If there is immediate risk to life, call 999

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Immediate help

If at any point during or after taking part in this study you feel overwhelmed, distressed, or unable to keep yourself safe, it is important to seek help straight away. You do not need to wait until the study ends, and you do not need to contact the research team before seeking support.

If there is immediate danger or risk to life:

- **Call:** 999, or
- **Attend** your nearest Accident and Emergency (A&E) department.

Urgent mental health support (24 hours a day)



NHS 111 can help if you have an **urgent medical problem** and you're not sure what to do. To get help you can:

- **Visit:** <https://111.nhs.uk>.
- **Call:** 111.

NHS 111 is available 24 hours a day, 7 days a week. If you have difficulties communicating or hearing, you can call 18001 111 on a textphone or use the NHS 111 British Sign Language (BSL) interpreter service if you're deaf and want to use the phone service.

Confidential listening support



The Samaritans offer a 24-hour, confidential helpline for those who want to talk through concerns, worries or feelings. You can:

- **Visit:** <https://www.samaritans.org>.
- **Call:** 116 123.

If you are unsure what support you need:

- NHS 111 can advise on the most appropriate local services
- Your GP can also provide support and referrals

You are encouraged to prioritise your safety and wellbeing at all times.

Mental health support

If taking part in this study leads you to reflect on your mental health or recognise difficulties such as low mood, anxiety, stress, or sleep problems, support is available without needing a diagnosis or referral from the research team. This can be done through the HMS Raleigh Medical Centre (or whichever medical centre at your base), who can support you and signpost you to services including defence mental health specialist services, if required.

Armed forces mental health support

If you want support outside the Royal Navy, you may prefer to access mental health support that recognises the specific experiences and demands of military service. Specialist NHS services are available and can be accessed directly.

mind



The national charity provides information on depression and other mental health issues, sources of treatment and support, and advice for friends and family.

- **Visit:** <https://www.mind.org.uk>.
- **Call:** 0300 123 3393.

Royal College of Psychiatry



Information and resources for anyone who wants to know more about mental health conditions.

- **Visit:** <https://www.rcpsych.ac.uk/mental-health/problems-disorders/>.

Alcohol, substance use, and addiction support

Some of the questions in this study may prompt reflection on alcohol use, substance use, or other behaviours that people sometimes use to cope with stress or difficult emotions. Support is available whether you are seeking information, considering change, or experiencing ongoing difficulties.

Alcohol and substance use support

NHS alcohol and drug services provide confidential assessment and treatment for concerns related to alcohol or drug use.

- **Access:** Self-referral OR referral via your GP.
- **Visit:** Search for NHS drug and alcohol services for local options.
- **Eligibility:** Open to veterans, service leavers, reservists and serving personnel.

SMART Recovery



SMART Recovery offers free, peer-led mutual support for people who want to change addictive behaviours. It supports a wide range of issues, including alcohol, drugs, gambling, and other compulsive behaviours.

- **Access:** Self-referral.
- **Visit:** <https://smartrecovery.org.uk>.
- **Eligibility:** Open to veterans, service leavers, reservists and serving personnel.

DrinksRation – iOS app



Support to manage and reduce alcohol consumption.

- **Visit:** <https://drinksration.app/https://drinksration.app>.
- **Download:** Search iOS app store for DrinksRation.

Using support services

You do not need to identify as having an addiction to use these services. They are suitable for people at different stages, including those who are simply reflecting on their behaviour or considering small changes.

Gambling support

Some questions in this study may prompt reflection on gambling behaviours. If gambling feels difficult to control, or if you are concerned about its effects, confidential support is available.

Primary care gambling service (NHS)



The NHS Primary Care Gambling Service provides free, confidential support for adults experiencing gambling-related harm. You can self-refer directly without needing a GP referral.

- **Access:** Self-referral.
- **Visit:** <https://www.primarycaregamblingservice.co.uk>.
- **Eligibility:** Open to veterans, service leavers, reservists and serving personnel.

Additional gambling support

NHS gambling clinics and local services

- Specialist NHS gambling services are available in some regions.
- **Call:** NHS 111 or your GP can advise on local options.

Using gambling support services

You do not need to be in crisis or have a formal diagnosis to seek gambling support. Services are available whether you are seeking advice, considering change, or experiencing ongoing difficulties.

Sexuality and gender identity support

Some questions in this study may prompt reflection on personal identity, relationships, or experiences related to sexuality or gender. If you would like confidential support or someone to talk to, specialist services are available.

Switchboard helpline



- **Visit:** <https://switchboard.lgbt>.
- **Chat:** Online chat and email support are also available.
- **Call:** 0300 330 0630.

Additional support options

If you would prefer to speak with a healthcare professional:

- Your GP can discuss support options and referrals.
- Local voluntary or community organisations may offer counselling or peer support, do search for these in your local community.

Using these services

You may access sexuality or gender identity support whether or not you continue taking part in the study.

Neurodiversity support

Some participants may recognise traits or experiences related to neurodiversity, such as differences in attention, communication, sensory processing, or organisation. Support and information are available whether or not you have a formal diagnosis.

National autistic society



The National Autistic Society provides information, advice, and support for autistic adults, including those who are awaiting assessment or who do not have a formal diagnosis.

- **Visit:** <https://www.autism.org.uk>.

ADHD UK



ADHD UK provides information and peer support for adults with ADHD or those exploring whether ADHD may be relevant to their experiences.

- **Visit:** <https://adhduk.co.uk>.

Using neurodiversity support services

These services are suitable for people at different stages, including those who are newly exploring neurodiversity, awaiting assessment, or already diagnosed.

Relationships, family, and domestic abuse support

Some questions or reflections arising from this study may relate to personal relationships, family life, or experiences at home. Support is available if relationship difficulties, conflict, or safety concerns are affecting your wellbeing.

Relationship support

If you are experiencing relationship stress, conflict, or emotional difficulties:

- Your GP can discuss support options and referrals.
- Local voluntary or community organisations may offer counselling or relationship support services.

National Domestic Abuse helpline

The logo for the National Domestic Abuse Helpline, featuring the text "National Domestic Abuse Helpline" in pink on a black rectangular background.

- **Call:** 0808 2000 247 (24/7)
- **Visit:** <https://www.nationaldahelpline.org.uk>.

Women's aid

The logo for Women's Aid, featuring the text "women's aid" in a large, pink, lowercase font, with the tagline "until women & children are safe" in a smaller, grey, lowercase font below it.

Help and support if you or someone you know may be experiencing domestic abuse.

- **Call:** 0808 2000 247 (24/7).
- **Email:** helpline@womensaid.org.uk.
- **Visit:** <https://www.womensaid.org.uk>.

Relate

The logo for Relate, featuring the text "relate" in a large, white, lowercase font, with the tagline "the relationship people" in a smaller, white, lowercase font below it, all on a dark blue rectangular background.

The UK's largest provider of relationship support. Their services include Relationship Counselling for individuals and couples, Family Counselling, Mediation, Children and Young People's Counselling and Sex Therapy. They also offer live online chat with counsellors.

- **Visit:** <https://www.relate.org.uk>.

Family Lives



Family Lives is a national family support charity providing help and support in all aspects of family life.

- **Visit:** <https://www.familylives.org.uk>.
- **Call:** 0808 800 2222.

Support for all genders

If you do not feel the National Domestic Abuse Helpline is right for you, your GP or local services can advise on alternative support options for people of all genders.

Defence supported wellbeing resources

If you are serving, a reservist, or otherwise have access to Defence systems, additional wellbeing resources may be available to you alongside NHS and civilian services. These resources focus on early support, self-management, and psychoeducation.

Stepping into wellbeing

Stepping into Wellbeing is a Defence psychoeducation programme designed to support early mental health and wellbeing. It focuses on understanding stress, emotional responses, and practical self-management strategies.

- **Access:** Available via Defence Gateway

headspace



Some Defence personnel may have access to Headspace, a digital mindfulness and wellbeing platform, through Defence or local provision.

- **Access:** Available via Defence Gateway.

Using defence wellbeing resources

Defence-supported wellbeing resources can be used on their own or alongside NHS and civilian services. If you are unsure which Defence wellbeing resources are available to you, Defence Gateway or your local welfare or medical support services may be able to advise.

Aggies



Aggie's mission is to provide compassionate, confidential pastoral support to the Royal Navy community, helping individuals and families feel listened to, valued and supported wherever they are. Through a trusted presence, practical help and meaningful connection, Aggie Weston's works to promote wellbeing, resilience and a sense of belonging, ensuring no one in the naval community feels alone during the challenges of service life.

079 7764 1876, office@aggies.org.uk

Practical, work, and financial support

Practical concerns such as work pressures, finances, housing, or benefits can have a significant impact on wellbeing. If these issues are causing stress or affecting your mental health, support and advice are available.

citizens advice



Citizens Advice provides free, confidential, and impartial advice on a wide range of practical issues.

- **Visit:** <https://www.citizensadvice.org.uk> or your local branch.
- **Call:** 0344 411 1444.

National Debt Line



Free debt advice via webchat or over the telephone.

- **Visit:** <https://www.nationaldebtline.org>.
- **Call:** 0808 808 4000.

Additional support options

Depending on your circumstances, you may also find it helpful to:

- Contact your GP if practical stressors are affecting your health.
- Seek advice from local charities or community organisations specialising in housing, debt, or employment support.

Support for service families

The experiences of military service can affect not only serving personnel and reservists, but also their partners, children, and wider family members. Support is available for service families who may be experiencing stress, emotional difficulties, or challenges related to military life.

Naval Families Federation



The Naval Families Federation speaks up for currently serving members of the Royal Navy and Royal Marines and their families, about their lived experience, to those who make the policies and decisions that affect them. It also provides information and advocacy.

- **Visit:** <https://nff.org.uk>.
- **Call:** 023 9265 4374.

Army Families Federation



The Army Families Federation (AFF) is the independent voice of Army families and works hard to improve the quality of life for Army families around the world – on any aspect that is affected by the Army lifestyle. AFF is independent of the Army and offers confidential advice.

- **Visit:** <https://aff.org.uk>.
- **Facebook:** <https://www.facebook.com/ArmyFamiliesFederation>.

Royal Air Force Families Federation



The RAF Families Federation provides all RAF personnel and their families with professional support, assistance and an independent voice regarding issues or concerns that they may have.

- **Visit:** <https://www.raf-ff.org.uk>.
- **Facebook:** <https://www.facebook.com/RAFFamFed/>.

SSAFA



SSAFA provide lifelong support on a range of practical and welfare issues to anyone currently serving or who have ever served in the Royal Navy, British Army or Royal Air Force and their dependents.

- **Visit:** <https://www.ssafa.org.uk>.
- **Call:** 0800 7314880.

Veterans UK



Offers advice or puts you in touch with appropriate organisations. Free helpline for veterans and their families.

- **Visit:** <https://www.gov.uk/government/organisations/veterans-uk>.
- **Call:** 0800 169 2277.

Royal British Legion



The Royal British Legion provides lifelong support for the Armed Forces community - serving men and women, veterans, and their families. They also offer live webchat to provide information and guidance.

- **Visit:** <https://www.britishlegion.org.uk>.
- **Call:** 0808 802 8080 (8am to 8pm, all week).

Little Troopers



Little Troopers is a UK charity providing support to children of serving personnel and reservists, offering resources and programmes to help children cope with the challenges of military life, including separation, deployment, and relocation.

- **Visit:** <https://www.littletroopers.net>.