

Fundraising Toolkit

Thank you so much for choosing to raise funds for Combat Stress. You're helping us provide our life-changing mental health treatment to former servicemen and women.

Who are we?

For some former servicemen and women, the mental impact of the battlefield can be hard to leave behind. We're here for those ordinary people who have had extraordinary experiences, providing mental health treatment that not only transforms lives but saves them too.

Our Mission

Our mission is to deliver specialist treatment for veterans with complex mental health needs, whilst supporting their families and network, to help them tackle the past and take on their future.

Our Vision

Our vision is for all former servicemen and women with complex mental health problems to live full and meaningful lives.

Our Values

- **Together:** We are united in purpose, collaborative in action.
- **Focused:** We're clear about what we will and won't do to deliver the best outcomes.
- **Bold:** We'll do and say what we must to achieve our organisations vision.
- **Personal:** We respect diversity and appreciate everyone's individual needs and talents.

Why support Combat Stress:

- We deliver life-changing treatment, bringing together professionals with a specialist focus to meet individual needs. Giving veterans the tools to manage their mental health and helping them on their journey to recovery - it's a service that thousands depend on. No one else does what we do.
- We are experts in treating the impact of military trauma.
- Veterans with complex mental health conditions need a specialist team made up of different mental health professionals to help them and we provide this. Our clinicians work closely with each other to make a treatment plan for each veteran that is unique to them.

What your support helps us achieve - Stats your audience might like to know:

- Follow stats from 2023 - 2024:
- Almost **12,500** veterans **benefited** from our **direct support**
- **8,241** called our helpline
- **2,748** veterans **accessed** our newly developed **online self-help resources**
- **1,486** veterans directly received support from our **specialist staff**
- We have **supported** veterans from **15 different conflicts**
- **2,000 family members** have benefited from our specialist support

What donations mean to us:

- **£4** could provide art materials for a veteran to create artwork at home as part of their treatment, offering a way to express emotions and promote self-awareness.
- **£24** could pay for a veteran to attend a group Peer Support meeting to receive support and understanding from others who've walked a similar path.
- **£58** could allow veterans family members to use our Family Support Service to help them understand mental health symptoms, the treatment Combat Stress is providing and how to help the veteran in their family.
- **£82** could fund a 1:1 session for a veteran with a mental health nurse to help them with a range of different issues including drinks and drugs use, PTSD symptoms, anger management and sleep hygiene.
- **£179** could fund a specialist psychological assessment for a veteran who is experiencing particularly complex mental health difficulties to understand how we can support them to recovery.

Useful Links

Want to decorate your physical space? Check out our [fundraising resources](#)
Want to represent Combat Stress during your stream, have a look at [our merch](#)

Fundraising platforms:

- [Tiltify](#)
- [JustGiving](#)
- [Fundraisin](#)

Combat Stress socials:

- [YouTube](#)
- [X \(Twitter\)](#)
- [Instagram](#)
- [Facebook](#)
- [TikTok](#)
- [Threads](#)

Tags and handles:

#Streamforveterans
#Streamingforveterans

Main websites:

- [Stream for Veterans](#)
- [Main Combat Stress website](#)
- [Merch store](#)

Video links for your stream:

- [What is PTSD?](#)
- [How Combat Stress helps](#)
- [What is the impact of PTSD?](#)
- [The Impact of Military Trauma](#)

Combat Stress website links:

- [About Us](#)
- [Get Help](#)
- [Support Us](#)
- [Veteran Stories](#)

Contact information:

- [Contact Us](#)
- General enquiries: streaming@combatstress.org.uk

Charity information:

Combat Stress, Company Registered in England & Wales No 00256353.

Charity Registration No 206002 (SC038828 in Scotland).

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