

# Territorial Army and the Reserves

Making a real difference to you and your family



SSAFA Forces Help is the national charity helping serving and ex-Service men, women and their families, including widows and widowers, in need. If you are a member or former member of the Volunteer Reserve Forces you and your dependants may be eligible for our help.

We recognise the unique situation of Reservists, whether Volunteer or Regular – one moment following a civilian career and then serving along side the Regular Forces. This can create any manner of difficulties.

**We can help the Service person and the family left behind in many different ways:**

- a helping hand for those not familiar with the military system
- financial assistance for a wide range of needs
- practical and emotional support for those who are lonely, bereaved, in debt or ill
- help for those with special needs
- temporary accommodation for estranged families
- a housing advisory service
- residential care for frail and elderly people
- purpose built accommodation for disabled people

**Our service is confidential.**

Our 7,500 Branch volunteers across the UK and overseas can help in all these areas. Trained caseworkers will assess your need and help you sort out problems as they arise. If you are on Reserve Service posted abroad, our volunteers can help you keep in touch by visiting relatives at home. In-Service volunteers, who are usually Service family members, operate on many bases and also offer friendship and practical support.

We also have SSAFA Forces Help professional social work and health staff, who can provide help and guidance, on many bases in the UK and abroad.

To find out if you qualify for our help, or if you would like to help us by becoming a volunteer, you can find the telephone number of your local Branch in the telephone directory or contact:

SSAFA Forces Help, 19 Queen Elizabeth Street, London SE1 2LP

T +44 (0) 7403 8783  
F +44 (0) 7403 8815  
E [info@ssafa.org.uk](mailto:info@ssafa.org.uk)  
W [www.ssafa.org.uk](http://www.ssafa.org.uk)

Alternatively, call our **Confidential Support Line** which is open 10.30 – 22.30 everyday, including Christmas Day, on **0800 731 4880**