



Rhondda Veterans Support Group



There are an estimated five million veterans in the UK, and a further 20,000 personnel leave the forces each year.

When staff leave HM Forces, their healthcare transfers from the military to the NHS. For those with a medical discharge on mental health grounds, a military social worker works with them for up to 12 months to help them access the right NHS services.

The number of personnel who have to leave the UK armed forces because of a psychological condition is very low. Between 2001 and 2007 the annual number varied from 155 to 215.

This means around 0.1% of regular service personnel are discharged annually for mental health reasons. Of these, only 20-25 are diagnosed with post-traumatic stress disorder (PTSD).

For those who leave the forces without a medical discharge, most make the transition to civilian life without difficulty and seek help from their GPs if they need to, like everyone else.

We are a self help group that may be able to help. It is run under the Rhondda Mental Health and we work out of Trealaw Mental Health Unit

If you think you need help then visit

www.rhonddaveterans.org.uk

Remember there is Always Somebody to help