

A Combat Stress perspective

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A brief overview of Combat Stress

- *Combat Stress is the UK's leading charity for veterans' mental health*
- *We provide life-changing treatment and support*
- *We focus on veterans with complex mental health needs*
- *We are veteran-centric*
- *Our treatment is evidence based*

A brief overview of Combat Stress

- *The veterans we help are aged 21 to 96*
- *83% served in the Army*
- *It takes 13 years from leaving the military for a veteran to seek our help*
- *92% of the veterans we treat were deployed to at least two war zones*
- *82% of the veterans we treat are diagnosed with PTSD or C-PTSD*

Recent trends

- *We currently provide specialist treatment to veterans over the phone and online*
- *Veterans can also access our peer support services online and 24-hour Helpline*
- *We launched our new digital treatment and support platform in 2020*
- *Development of our online services has been well received by veterans*
- *Now planning for the return of in-person treatment*

Recent trends

In total, we published 18 research papers in 2020 and 2021 including:

- *Covid-19 and experiences of moral injury in frontline key workers*
- *The impact of trauma exposure and moral injury on UK military veterans*
- *Exploring the impact of Covid-19 and restrictions to daily living as a result of social distancing within veterans with pre-existing mental health difficulties*

Our participation in the accreditation pilot

We are:

- *registered with the Royal College of Psychiatrists*
- *assessing where we sit in relation to the standards set*
- *looking forward to learning from other services as part of this process*

Combat Stress already works to exceptionally high standards:

- *We are registered with the regulators in each of the nations*
- *We can maintain consistent quality in what we deliver because*
 - *we directly employ our own staff*
 - *maintain high quality clinical governance through out including implementation of NICE guidance*
 - *Are subject matter experts following the research and adding to it... internationally*
 - *Act on feedback to continuously incrementally improve*

The proposed VMHIS

- *Welcome the UK Veterans Mental Health Information system*
- *Big data is a driver for service development because it identifies shortfalls and high quality*
- *We support the development of a trusted common assessment and know we can do this*

Find out more about our work

- *To learn more about the work of Combat Stress visit combatstress.org.uk*
- *To learn more about our research: combatstress.org.uk/our-research*
- *For first-hand accounts from veterans: combatstress.org.uk/combat-stress-100*

THANK YOU

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