

COFFEE, CAKE & COMBAT STRESS

Talks are
on the hour,
every hour.

Come and find out more about Combat Stress, the UK's leading charity for veteran's mental health.

Join us for a hot drink, a slice of cake and talks on how we support veterans and the ways you can help.



Thursday 15 November 2018

11am–2pm

**St. Thomas's Church,
St. Thomas's Square, Salisbury, SP1 1BA**

To find out more please contact **Sarah Seddon** by calling **01372 587 144** or emailing sarah.seddon@combatstress.org.uk

This is a fundraising event. If you are a veteran struggling with your mental health, please contact our **free 24-hour Helpline** by calling **0800 138 1619**, texting **07537 404 719** or emailing helpline@combatstress.org.uk

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**COMBAT
STRESS**
FOR VETERANS' MENTAL HEALTH