

COFFEE, CAKE & COMBAT STRESS

TORQUAY

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 9 May 2019

12pm–2pm

**RAFA Club,
7 Scarborough Road, Torquay, TQ2 5UJ**

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

combatstress.org.uk/coffeecake

This is a fundraising awareness 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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