

# COFFEE, CAKE & COMBAT STRESS

YEOVIL

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**

**4pm–8pm**

**Vicarage Street Methodist Church**  
Middle Street, Yeovil, BA20 1JZ

To find out more please contact **Sarah Seddon** by calling **01372 587 144** or emailing [sarah.seddon@combatstress.org.uk](mailto:sarah.seddon@combatstress.org.uk)

[combatstress.org.uk/coffeecake](http://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](mailto:helpline@combatstress.org.uk)

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