

HOW COVID-19 HAS AFFECTED OUR VETERANS AND SERVICE PERSONNEL

Beneficiary survey findings – May 2020

The coronavirus pandemic is deeply affecting the mental and physical health of our veterans, service personnel and families. We asked them about their experiences during this challenging time.

50%



Since the start of the pandemic, there's been a 50 per cent increase in the number of veterans and service personnel struggling with their mental health.

48%



Since the start of the pandemic, there's been a 48 per cent increase in the number of veterans and service personnel struggling with their physical health.

40%



Since the start of the pandemic, 40 per cent of veterans and service personnel have reported a delay in accessing NHS services and treatments.

THE EFFECT

Those whose medical treatment has been delayed say they have experienced a negative impact on their mental and physical health.

The Covid-19 pandemic has changed the needs of those we support. To better understand these changes, we carried out a survey.

Since the pandemic began, there's been a significant increase in the number who are struggling to manage their mental and physical health.

Following beneficiary feedback, we continue to tailor our services to

provide practical support during these uncertain times. This includes online sleep management support and access to our Hidden Wounds therapy sessions via phone and video conference.

Veterans and their families want to feel motivated, connected and engaged, so we are also organising virtual coffee mornings and Q&A

sessions. An online sports and physical wellbeing activity schedule is also in development.

As the NHS continues to be put under extreme pressure, access to treatment has become challenging. Although unavoidable, these delays in treatment negatively impact physical and mental wellbeing.

With this in mind, we have worked hard to ensure the War Injuries Clinic at Salisbury Hospital continues to provide an uninterrupted service. We've also developed health coaching tools - which empower wounded veterans to gain the knowledge, skills, tools and confidence to take ownership of their health goals.

Specialist clinical support also continues to be provided to the UK's


most seriously injured veterans and financial grants are available to those with urgent care needs.

When it comes to the future, veterans and family members told us their biggest concerns are around managing their mental and physical health effectively. They also worry about dealing positively with setbacks and change.

A provision we hope will help ease these concerns is our Recovery

College. Launching later this year, it's the first of its kind in the UK and is specifically designed for those we support.

Each course has been created in partnership with wounded veterans and their families. They enable students to manage their own recovery journey and gain the confidence, skills, knowledge and understanding necessary to do so.



39%
said the pandemic has had a negative impact on relationships with loved ones

15%
told us they'd seen a positive effect on their relationships

Lockdown revealed three main challenges to those we support:


57% 
experienced a decline in their mental health


42% 
had difficulty sleeping

41% 
are living with general anxiety

When it comes to the future, our veterans and service personnel have three main concerns:

39% 
worry about managing their physical health

65% 
worry about coping with their mental health

36% 
fear dealing with changes and setbacks

We believe those who serve our country deserve support when they're wounded. By listening to the latest government guidance and consulting with partners, such as the NHS, we promise to provide physical, psychological, financial and welfare support for as long it is needed.

In these uncertain times our veterans, and their families, need your help now more than ever.

Together, we can help them regain their strength. Together we are stronger.

1,161 of our wounded veterans and service personnel recently told us about how the coronavirus pandemic is affecting them. We're working really hard to adapt our services so that we can continue to support those coping with injury or illness. We will always champion the needs of our wounded to ensure they get the fair deal they deserve.

To find out more head to: helpforheroes.org.uk If you or a loved one need support, we're here to help. Contact: getsupport@helpforheroes.org.uk

Help for Heroes is a limited company registered in England (06363256), and a charity registered in England and Wales (1120920) and Scotland (SC044984). Registered with Fundraising Regulator.

HELP for HEROES
SUPPORT FOR OUR WOUNDED