

FREE & CONFIDENTIAL

Mental health support for military families

We know the courage it can take to face the inner wounds of military service. If you or a family member are going through a tough time, give us a quick call. There are lots of ways we can help.

To find out more, call

0161 494 1515

We're open 24/7. Or email us at
info@mode.me.uk

bacp | counselling
changes lives

 **VETERANS'
FOUNDATION**



**PROUDLY
SUPPORTING
THOSE WHO
SERVE.**

 **THE ARMED FORCES
COVENANT FUND TRUST**

Mode is an independent military mental health charity based in Stockport

We've helped military personnel, veterans, and their families all over the world to regain wellbeing and purpose after service.



Free, fast and confidential

We're here 24/7. Call anytime to discuss how we can help. If you'd like to, you can see or speak to a professional counsellor for free in just 5-7 days.

No issue too big or too small

Our counsellors deeply understand military life. We help many servicemen and women with issues such as PTSD, addiction, anxiety, combat trauma, depression and more.

Remote or in person

Get support online, over the phone or in person at a choice of welcoming locations in Stockport, including our Mode hub, lakeside location or our new roaming support van.

Peer-to-peer support

Share experiences and learn from others. Find a mentor, or join one of our regular workshops such as coping skills, communication, goal setting, resilience to civilian life and others.

Get in touch

0161 494 1515

info@mode.me.uk

www.mode.me.uk

Drop in sessions

Mon to Fri 8am- 5pm, Sat 8am til 2pm

**The Ash, 101 Stockport Road East
Bredbury, Stockport
SK6 2AQ**