



SSAFA SUPPORT GROUPS

ssafa | the
Armed Forces
charity

SSAFA, the Armed Forces charity offers three support groups, delivering a mixture of face-to-face and online, one or two-day events which facilitate peer support, provide a safe space to grieve and an opportunity for respite.

SSAFA's support groups enable you to meet a network of people who have been through a similar tragedy, giving you the opportunity to talk through your emotions with an understanding compassionate group, reducing feelings of isolation and enhancing wellbeing.



BEREAVED SUPPORT GROUP

This group is for anyone in the family unit (18+) who has suffered a bereavement of a veteran or Serving Armed Forces Personnel.



MILITARY FAMILIES AFFECTED BY SUICIDE

For anyone in the family unit (18+) who have been affected by the loss of a loved one through suicide of a veteran or Serving Armed Forces Personnel.



FAMILIES OF WOUNDED, INJURED AND SICK PERSONNEL

The FISP support group is for a spouse/partner/parent or carer (18+) of Armed Forces personnel who have been wounded or suffered an injury, or sickness.



Being in a group, able to express my feelings and hear others' experiences was like a release.

- SUPPORT GROUP PARTICIPANT

For more information on how
to join and get support:

Visit: ssafa.org.uk/supportgroups

Email: supportgroups@ssafa.org.uk



SSAFA

Queen Elizabeth House, 4 St Dunstan's Hill, London EC3R 8AD

Phone: 020 7403 8783 | Email: info@ssafa.org.uk

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