

Armed Forces Helpline

SAFE, CONFIDENTIAL, & FREE

Helpline & WhatsApp

+ 4 4 (0) 3 3 3 0 9 1 2 5 2 7

A helpline for Royal Navy, British Army, and Royal Air Force personnel and their family members. UK or overseas.

For Victims and Survivors of:

- Domestic abuse
- Sexual violence
- Stalking



TALK TO US

	Helpline (GMT)	WhatsApp (GMT)
Monday	0 9 : 0 0 - 1 5 : 0 0	
Tuesday	0 9 : 0 0 - 1 5 : 0 0	0 9 : 0 0 - 1 5 : 0 0
Wednesday	0 9 : 0 0 - 1 5 : 0 0	1 7 : 0 0 - 2 0 : 0 0
Thursday	0 9 : 0 0 - 1 5 : 0 0	1 7 : 0 0 - 2 0 : 0 0
Friday	0 9 : 0 0 - 1 5 : 0 0	
Sunday		1 0 : 0 0 - 1 4 : 0 0



THE ARMED FORCES
COVENANT FUND TRUST

