CMWR

Researchers at the Centre for Military Women's Research set out to learn about women veterans' mental health support needs and experiences. Find out more about what we did and what we found in our visual summary report.

· Parenting

· Burnout

· Shifting

Identities

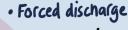
Why are women veterans experiencing mental health challenges?

Mental health challenges were not solely related to combat or deployment **experiences**. We found that women veterans experienced mental health challenges for many reasons related to their military service and transition into civilian life.



- · Compassion fatique
- · Deployment and Combat
 - · Unsupportive management
 - · Sexual assault and harassment

SERVICE-RELATED



- · Financial difficulties
 - · Adapting to civilian life
 - · Impact of military anniversaties, events
- · Lack of social

TRANSITION-RELATED



Women veterans reported many challenges that stopped them accessing veteran mental healthcare,





Not being aware of the support available



Services don't understand women's needs



Stigma associated with asking for help



Support service branding is male and combat focused



Services seen as male dominated, designed for men



Poor previous experience of support



Caring responsibilities

What mental health support is available for women veterans?

Support for mental health challenges related to both non-combat and combat-related **experiences** is available for women veterans.

It is a common misconception that veteran mental health support is only for combat-related trauma or those who were medically discharged.



Here are some support services you could consider:

- **NHS OP Courage Services** (veteran-specific service)
- NHS Talking Therapies (general services)
- Salute Her UK (women veteran-only support service)
- **Combat Stress (veteran-specific service)**
- **Contacting the Veterans Gateway**



