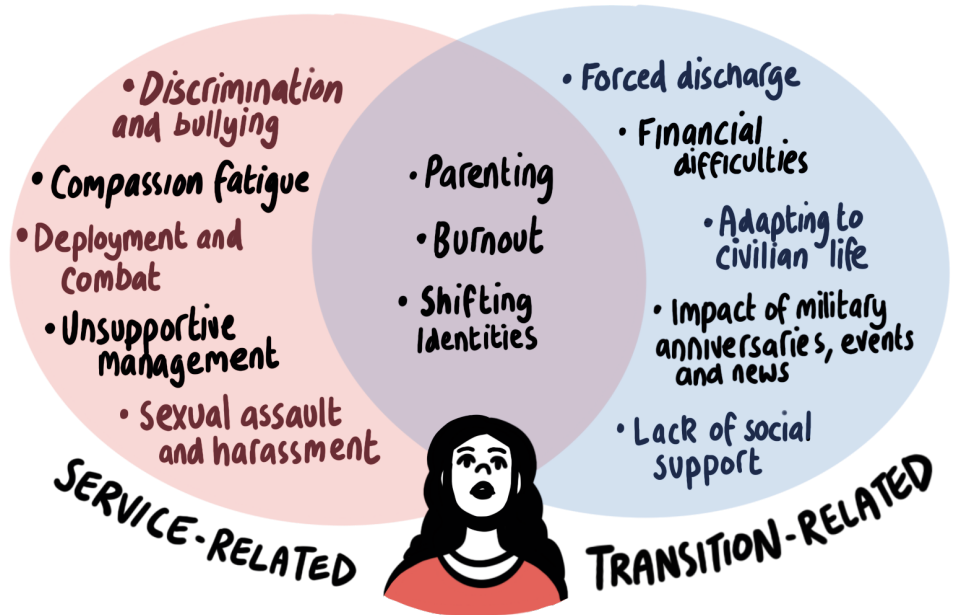


## Why are women veterans experiencing mental health challenges?

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.



## What are the common challenges with getting support?

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



## 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



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