



DRUGS ALCOHOL
SAFE PLACE
SUICIDE
HEALTHY BODY
WELLBEING

DEPRESSION
COMRADESHIP
SAFE PLACE
SHELTER
ARMED FORCES
HOUSING
SCHEMES
TALKING

ONE-2-ONE
OUTDOORS
PENSION
BELONGING
VETERANS
FRIENDS
TRUST
MEDITATE
PTSD
TEAMWORK
SELF-HARM
CALM
TALKING
ANXIETY
BENEFITS
FITNESS



Support

Emergency Accommodation, Drug, Alcohol & Mental Health, Family Support...

Accommodation

Housing Support & Advice. Housing Referrals & Placements...

Benefits

Support & Advice...

Therapy

Mindfulness, Reiki, Mentoring, Dog Therapy, Art Therapy, NLP Therapy, HMS Therapy...

Social

Drop-in, Outreach Service, Podcasts & Befriending Service...

Learning

Training Centre, Accredited Learning, Podcast, Digital Studio & Computer Suite.

Health

Wild Camping, Dog Walking Club, Free Gym Membership, Ramblers Anonymous Walking Club

Volunteering

Volunteering Opportunities & Students Placements.

Funerals

Support With Veteran Funerals & Family Support

Merchandise

Wide Range For Sale & To Support Fundraising Events.

0191 567 18 78

 Veterans_In_Crisis

 /Veterans-In-Crisis-Sunderland

 @VICsunderland

www.veteransincrisis.co.uk