

COFFEE, CAKE & COMBAT STRESS

PLYMOUTH

Come and find out more about Combat Stress, the UK's leading charity for veteran's mental health.

Join us for a hot drink, a slice of cake and talks on how we support veterans and the ways you can help.



Wednesday 8 May 2019

4pm–8pm

**Devonport Guildhall,
Ker Street, Devonport, Plymouth, PL1 4EL**

To find out more please contact **Sarah Seddon** by calling **01372 587 144** or emailing **sarah.seddon@combatstress.org.uk**

combatstress.org.uk/coffeecake

This is a fundraising awareness event. If you are a veteran struggling with your mental health, please contact our **free 24-hour Helpline** by calling **0800 138 1619**, texting **07537 404 719** or emailing **helpline@combatstress.org.uk**

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