

Armed Forces Helpline

Safe, Confidential, & Free -

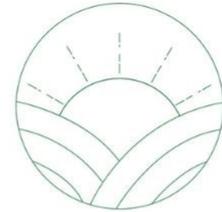
Helpline & Whatsapp

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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.**



AURORA
NEW DAWN

TALK TO US

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



THE ARMED FORCES
COVENANT FUND TRUST

