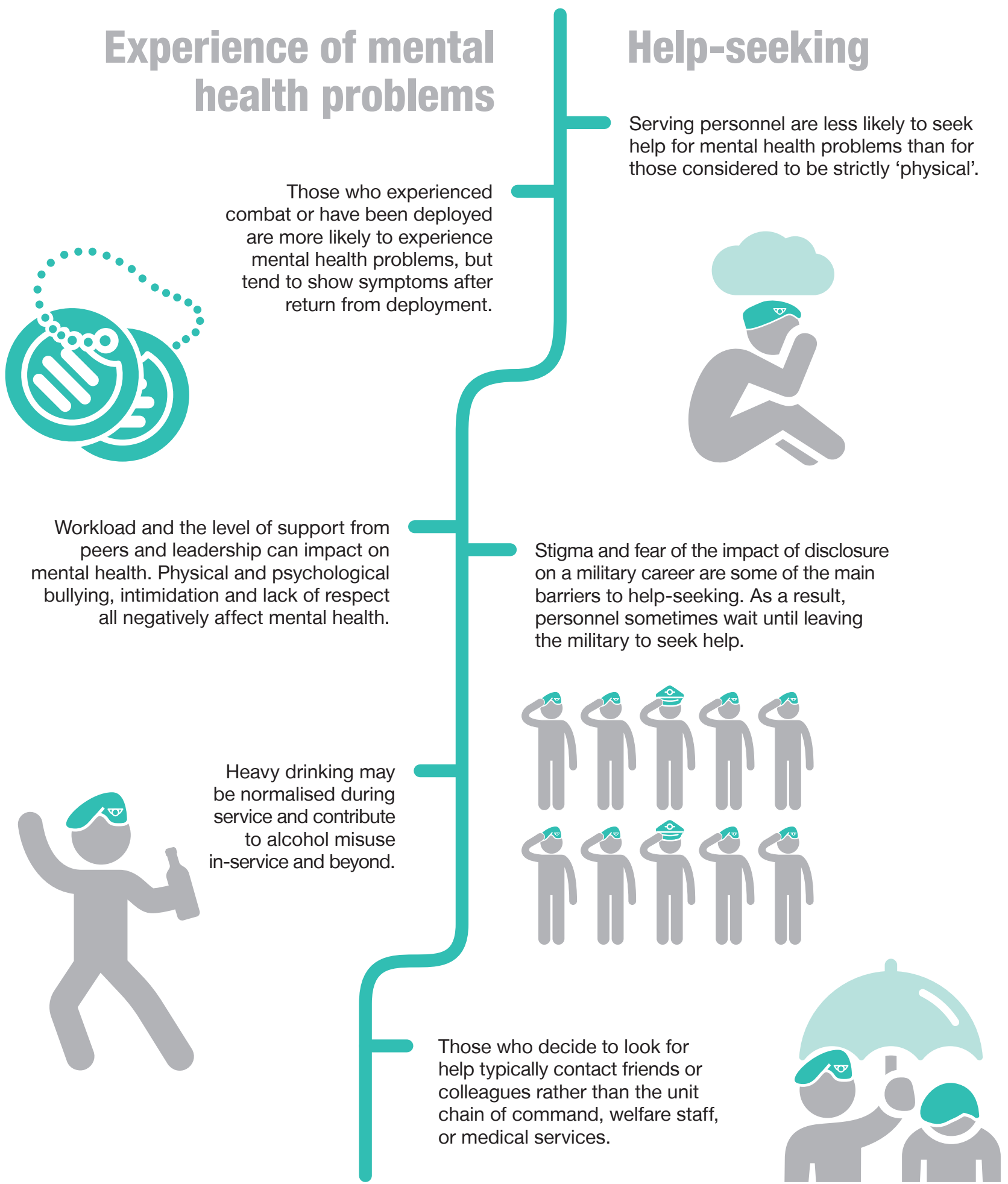


# Mental health and the military

Findings from a systematic review on the mental health needs of serving and ex-Service personnel and their families, commissioned by the Forces in Mind Trust.

Most serving and ex-Service personnel have relatively good mental health, but there are some who experience a range of mental health problems.

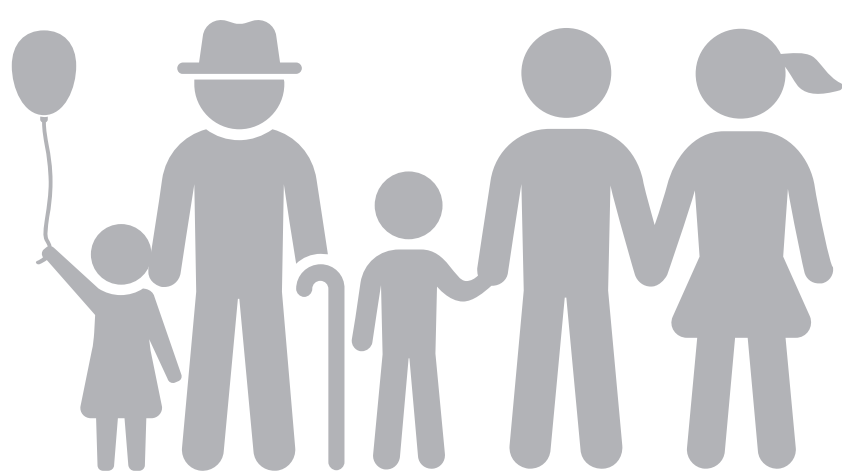
## Serving personnel



## Ex-Service personnel



## Families



### Experience of mental health problems

The mental health of military personnel can have a significant impact on relationships with their families. Partners of military personnel often take on additional caring responsibilities and can experience secondary traumatic stress, depression or anxiety.

### Help-seeking

Families face similar challenges to those experienced by military populations, including stigma, and practical issues, such as difficulty getting time off for work and childcare responsibilities.