

STEP 2IT

I'M GOING
THE DISTANCE

I'm taking on the **#Step2It** challenge for our Armed Forces heroes and their families. Every step I take is making a real difference.

£15 Could pay for an hour of online outreach, connecting with injured veterans and expanding their support network to reduce the feeling of loneliness.

£50 Could pay for an emergency food basket for a veteran and their family for a week.

£100 Could pay for a psychological wellbeing assessment, mental health treatment plan and access to psychological therapy.

**HELP for
HEROES**
SUPPORT FOR OUR WOUNDED

step2it.helpforheroes.org.uk

Registered with
FR FUNDRAISING
REGULATOR

Help for Heroes is a charity registered in England and Wales (1120920) and Scotland (SC044984)