

YouGov/ Help for Heroes

Sample size: 4164 GB Adults (of which 802 have close family members who are currently serving/ have previously served in the Armed Forces)

Fieldwork: 20th - 27th December 2017

Total	Gender		Age				
	Male	Female	18-24	25-34	35-44	45-54	55+

For the following question, by "British Armed Forces" we mean the Royal Marines, Royal Navy, Army or Royal Air Force. By "close family members", we mean your partner, spouse, parents, siblings or children.

Which, if any, of the following apply to you? (Please select all that apply. If you don't have any close family members who are currently serving or who have previously served in the British Armed Forces, please select the "Not applicable" option)

	Unweighted base	4164	1901	2263	477	558	685	715	1729
Base: All GB adults		4164	2020	2144	479	621	740	690	1634
My partner/ spouse is currently serving in the British Armed Forces		1%	1%	1%	1%	1%	1%	0%	0%
My partner/ spouse previously served in the British Armed Forces and is now a veteran		4%	3%	4%	2%	3%	3%	2%	6%
My other close family member (i.e. parents/ siblings/ children) is currently serving in the British Armed Forces		3%	4%	2%	5%	4%	2%	3%	2%
My other close family member (i.e. parents/ siblings/ children) previously served in the British Armed Forces and is now a veteran		13%	14%	13%	7%	9%	10%	12%	19%
Don't know		2%	2%	2%	2%	2%	3%	2%	1%
Not applicable - I don't have any close family members who are currently serving or who have previously served in the British Armed Forces		79%	78%	80%	85%	84%	82%	82%	73%

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Region							
North	Midlands	East	London	South	England (NET)	Wales	Scotland

For the following question, by "British Armed Forces" we mean the Royal Marines, Royal Navy, Army or Royal Air Force. By "close family members", we mean your partner, spouse, parents, siblings or children.

Which, if any, of the following apply to you? (Please select all that apply. If you don't have any close family members who are currently serving or who have previously served in the British Armed Forces, please select the "Not applicable" option)

	Unweighted base	1040	715	437	396	1002	3590	216	358
Base: All GB adults		1004	684	414	557	936	3594	207	363
My partner/ spouse is currently serving in the British Armed Forces		0%	0%	1%	1%	1%	1%	0%	1%
My partner/ spouse previously served in the British Armed Forces and is now a veteran		3%	4%	4%	3%	4%	4%	2%	4%
My other close family member (i.e. parents/ siblings/ children) is currently serving in the British Armed Forces		4%	3%	2%	4%	3%	3%	1%	3%
My other close family member (i.e. parents/ siblings/ children) previously served in the British Armed Forces and is now a veteran		13%	12%	17%	7%	17%	13%	16%	15%
Don't know		2%	3%	1%	2%	1%	2%	1%	1%
Not applicable - I don't have any close family members who are currently serving or who have previously served in the British Armed Forces		80%	80%	76%	84%	76%	79%	80%	79%

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Sample size: 4164 GB Adults (of which 802 have close family members who are currently serving/ have previously served in the Armed Forces)

Fieldwork: 20th - 27th December 2017

Government Region											
North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	England (NET)	Wales	Scotland

For the following question, by "British Armed Forces" we mean the Royal Marines, Royal Navy, Army or Royal Air Force. By "close family members", we mean your partner, spouse, parents, siblings or children.

Which, if any, of the following apply to you? (Please select all that apply. If you don't have any close family members who are currently serving or who have previously served in the British Armed Forces, please select the "Not applicable" option)

	Unweighted base	173	485	382	390	325	437	396	615	387	3590	216	358
Base: All GB adults		171	464	368	372	312	414	557	574	362	3594	207	363
My partner/ spouse is currently serving in the British Armed Forces		1%	1%	-	1%	-	1%	1%	1%	1%	1%	0%	1%
My partner/ spouse previously served in the British Armed Forces and is now a veteran		3%	4%	2%	5%	3%	4%	3%	5%	4%	4%	2%	4%
My other close family member (i.e. parents/ siblings/ children) is currently serving in the British Armed Forces		4%	4%	3%	3%	3%	2%	4%	2%	4%	3%	1%	3%
My other close family member (i.e. parents/ siblings/ children) previously served in the British Armed Forces and is now a veteran		11%	13%	13%	14%	9%	17%	7%	17%	17%	13%	16%	15%
Don't know		4%	2%	1%	3%	3%	1%	2%	1%	1%	2%	1%	1%
Not applicable - I don't have any close family members who are currently serving or who have previously served in the British Armed Forces		78%	80%	81%	76%	84%	76%	84%	77%	76%	79%	80%	79%

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Fieldwork: 20th - 27th December 2017

Working status							Marital Status				
Working full time	Working part time	ALL WORKERS (NET)	Full time student	Retired	Unemployed	Not working/ Other	Married/ Civil Partnership	Living as married	Separated/ Divorced	Widowed	Never Married

For the following question, by "British Armed Forces" we mean the Royal Marines, Royal Navy, Army or Royal Air Force. By "close family members", we mean your partner, spouse, parents, siblings or children.

Which, if any, of the following apply to you? (Please select all that apply. If you don't have any close family members who are currently serving or who have previously served in the British Armed Forces, please select the "Not applicable" option)

	Unweighted base	1592	633	2225	268	1076	137	458	1925	566	345	162	1166
Base: All GB adults		1623	624	2247	273	1018	151	475	1863	587	327	153	1233
My partner/ spouse is currently serving in the British Armed Forces		1%	1%	1%	1%	-	-	1%	1%	0%	0%	-	1%
My partner/ spouse previously served in the British Armed Forces and is now a veteran		3%	3%	3%	1%	7%	1%	3%	6%	4%	3%	7%	0%
My other close family member (i.e. parents/ siblings/ children) is currently serving in the British Armed Forces		3%	1%	3%	5%	2%	4%	5%	3%	2%	2%	2%	3%
My other close family member (i.e. parents/ siblings/ children) previously served in the British Armed Forces and is now a veteran		12%	14%	12%	8%	19%	11%	12%	16%	11%	16%	17%	9%
Don't know		2%	2%	2%	1%	1%	3%	3%	1%	2%	3%	2%	3%
Not applicable - I don't have any close family members who are currently serving or who have previously served in the British Armed Forces		81%	80%	81%	85%	73%	82%	80%	75%	82%	77%	77%	85%

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Fieldwork: 20th - 27th December 2017



Children in Household					
0	1	2	3+	ALL WITH CHILDREN IN HOUSEHOLD (NET)	Refused

For the following question, by "British Armed Forces" we mean the Royal Marines, Royal Navy, Army or Royal Air Force. By "close family members", we mean your partner, spouse, parents, siblings or children.

Which, if any, of the following apply to you? (Please select all that apply. If you don't have any close family members who are currently serving or who have previously served in the British Armed Forces, please select the "Not applicable" option)

	Unweighted base	3111	468	363	160	991	62
Base: All GB adults		3066	485	371	178	1033	65
My partner/ spouse is currently serving in the British Armed Forces		0%	0%	2%	4%	1%	2%
My partner/ spouse previously served in the British Armed Forces and is now a veteran		4%	4%	4%	6%	4%	4%
My other close family member (i.e. parents/ siblings/ children) is currently serving in the British Armed Forces		3%	4%	2%	6%	4%	6%
My other close family member (i.e. parents/ siblings/ children) previously served in the British Armed Forces and is now a veteran		14%	12%	10%	12%	11%	10%
Don't know		1%	3%	1%	3%	2%	10%
Not applicable - I don't have any close family members who are currently serving or who have previously served in the British Armed Forces		79%	79%	83%	72%	79%	70%

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Parent/ Guardian							
Parent/ guardian (any age)	Not parent/ guardian	4 years and under	5 to 11 years	12 to 16 years	17 to 18 years	18 years and under	Over 18 years

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Which, if any, of the following apply to you? (Please select all that apply. If you don't have any close family members who are currently serving or who have previously served in the British Armed Forces, please select the "Not applicable" option)

	Unweighted base	2355	1809	307	434	352	159	923	1584
Base: All GB adults		2317	1847	328	462	360	153	961	1503
My partner/ spouse is currently serving in the British Armed Forces		1%	0%	3%	2%	1%	1%	2%	0%
My partner/ spouse previously served in the British Armed Forces and is now a veteran		5%	2%	7%	4%	2%	3%	4%	6%
My other close family member (i.e. parents/ siblings/ children) is currently serving in the British Armed Forces		3%	3%	5%	4%	3%	6%	4%	3%
My other close family member (i.e. parents/ siblings/ children) previously served in the British Armed Forces and is now a veteran		16%	11%	9%	13%	13%	12%	12%	18%
Don't know		2%	1%	2%	3%	2%	2%	3%	1%
Not applicable - I don't have any close family members who are currently serving or who have previously served in the British Armed Forces		76%	84%	78%	75%	81%	81%	78%	74%

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Social Media/ Messaging service (within the last month)									
Facebook	Twitter	LinkedIn	Google+	Pinterest	Instagram	Snapchat	Facebook Messenger	WhatsApp	Skype

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Which, if any, of the following apply to you? (Please select all that apply. If you don't have any close family members who are currently serving or who have previously served in the British Armed Forces, please select the "Not applicable" option)

	Unweighted base	3018	1287	615	366	562	987	591	2435	1945	544
Base: All GB adults		3024	1312	611	368	551	1014	603	2434	1974	551
My partner/ spouse is currently serving in the British Armed Forces		1%	1%	1%	1%	1%	1%	1%	1%	1%	0%
My partner/ spouse previously served in the British Armed Forces and is now a veteran		4%	2%	2%	5%	4%	2%	2%	4%	2%	4%
My other close family member (i.e. parents/ siblings/ children) is currently serving in the British Armed Forces		3%	2%	4%	3%	3%	3%	3%	3%	3%	4%
My other close family member (i.e. parents/ siblings/ children) previously served in the British Armed Forces and is now a veteran		14%	11%	13%	13%	15%	10%	9%	14%	12%	14%
Don't know		2%	1%	2%	4%	2%	1%	2%	2%	2%	2%
Not applicable - I don't have any close family members who are currently serving or who have previously served in the British Armed Forces		79%	83%	80%	76%	78%	83%	84%	79%	82%	78%

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Fieldwork: 20th - 27th December 2017

Total	Gender		Age				
	Male	Female	18-24	25-34	35-44	45-54	55+

For the following question, please imagine that you were personally struggling with your psychological wellbeing (i.e. mental, emotional wellbeing) as a result of your close family member's (i.e. partner, spouse, parents, siblings or children) experiences in the Armed Forces.

Which ONE, if any, of the following would you turn to FIRST for help and support if you were struggling with your psychological wellbeing, as a result of your close family member's experiences in the Armed Forces? (Please select the option which best applies to you)

	Unweighted base	802	384	418	66	79	98	115	444
Base: All GB adults who have close family members who are currently serving/ have previously served in the Armed Forces		792	400	392	66	91	108	110	417
Nobody - I would try and cope alone	16%	18%	15%	22%	23%	12%	14%	16%	
My partner/ spouse	23%	25%	21%	24%	31%	25%	19%		
My Armed Forces family members	4%	4%	3%	1%	4%	6%	5%	3%	
My non-Armed Forces family members	2%	3%	2%	8%	6%	3%	1%	1%	
My Armed Forces friends	3%	3%	2%	6%	3%	1%	3%	2%	
My non-Armed Forces friends	1%	0%	2%	2%	3%	1%	1%	0%	
A mental health professional	5%	4%	6%	8%	6%	7%	5%	3%	
My GP/ Doctor	23%	20%	27%	9%	8%	16%	20%	32%	
A charity (e.g. Mind, Help for Heroes etc.)	5%	5%	5%	1%	3%	4%	7%	6%	
Other	1%	1%	1%	-	1%	1%	2%	2%	
Don't know	13%	13%	12%	11%	11%	12%	15%	13%	
Prefer not to say	4%	4%	3%	8%	2%	7%	4%	2%	

You previously mentioned that you wouldn't turn to anyone for help and support if you were struggling with your psychological wellbeing as a result of your close family member's experiences in the Armed Forces.

Which, if any, of the following are reasons for this? (Please select all that apply. If any of your answers don't appear in the list below, please type them in the "Other" box)

	Unweighted base	128	67	61	14	17	11	16	70
Base: All GB adults who would try and cope alone		129	71	59	14	21	13	16	65
I would feel like I don't have the right to share my struggles or get support, as I'm not the one who is/ has been in the Armed Forces	39%	37%	41%	33%	37%	55%	58%	33%	
I would try to be the strong one in the relationship and/ or family	43%	44%	42%	42%	56%	48%	35%	40%	
I wouldn't know where to seek help and support from	8%	7%	9%	8%	18%	8%	-	7%	
I would be afraid of appearing weak	16%	14%	19%	25%	38%	-	6%	13%	
I would be too busy trying to support my partner/ family	15%	14%	17%	12%	9%	25%	32%	12%	
Other	8%	9%	7%	9%	-	-	14%	11%	
Don't know	7%	6%	9%	16%	-	7%	-	9%	

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Region							
North	Midlands	East	London	South	England (NET)	Wales	Scotland

For the following question, please imagine that you were personally struggling with your psychological wellbeing (i.e. mental, emotional wellbeing) as a result of your close family member's (i.e. partner, spouse, parents, siblings or children) experiences in the Armed Forces.

Which ONE, if any, of the following would you turn to FIRST for help and support if you were struggling with your psychological wellbeing, as a result of your close family member's experiences in the Armed Forces? (Please select the option which best applies to you)

	Unweighted base	190	122	92	51	230	685	41	76
Base: All GB adults who have close family members who are currently serving/ have previously served in the Armed Forces		183	116	92	75	212	677	38	76
Nobody - I would try and cope alone	15%	18%	15%	14%	15%	15%	15%	22%	21%
My partner/ spouse	22%	22%	24%	24%	25%	24%	22%	22%	18%
My Armed Forces family members	2%	3%	4%	12%	2%	4%	3%	4%	4%
My non-Armed Forces family members	1%	-	2%	9%	3%	3%	-	-	2%
My Armed Forces friends	2%	3%	6%	-	2%	3%	-	-	2%
My non-Armed Forces friends	0%	1%	1%	2%	1%	1%	2%	-	-
A mental health professional	3%	4%	3%	4%	6%	4%	7%	7%	7%
My GP/ Doctor	29%	21%	14%	16%	26%	23%	19%	27%	27%
A charity (e.g. Mind, Help for Heroes etc.)	6%	5%	8%	5%	4%	5%	5%	4%	4%
Other	3%	1%	1%	-	1%	2%	-	-	-
Don't know	12%	14%	20%	13%	10%	13%	17%	12%	12%
Prefer not to say	3%	7%	1%	2%	4%	4%	3%	2%	2%

You previously mentioned that you wouldn't turn to anyone for help and support if you were struggling with your psychological wellbeing as a result of your close family member's experiences in the Armed Forces.

Which, if any, of the following are reasons for this? (Please select all that apply. If any of your answers don't appear in the list below, please type them in the "Other" box)

	Unweighted base	27	23	12	7	34	103	9	16
Base: All GB adults who would try and cope alone		28	21	14	11	31	104	8	16
I would feel like I don't have the right to share my struggles or get support, as I'm not the one who is/ has been in the Armed Forces	36%	44%	28%	47%	38%	38%	57%	33%	33%
I would try to be the strong one in the relationship and/ or family	59%	34%	26%	17%	44%	41%	56%	52%	52%
I wouldn't know where to seek help and support from	4%	8%	20%	-	12%	9%	-	6%	6%
I would be afraid of appearing weak	7%	8%	33%	14%	29%	18%	-	13%	13%
I would be too busy trying to support my partner/ family	18%	18%	17%	11%	12%	15%	21%	12%	12%
Other	13%	18%	16%	-	3%	10%	-	-	-
Don't know	6%	5%	-	12%	6%	6%	12%	12%	12%

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Fieldwork: 20th - 27th December 2017

Government Region											
North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	England (NET)	Wales	Scotland

For the following question, please imagine that you were personally struggling with your psychological wellbeing (i.e. mental, emotional wellbeing) as a result of your close family member's (i.e. partner, spouse, parents, siblings or children) experiences in the Armed Forces.

Which ONE, if any, of the following would you turn to FIRST for help and support if you were struggling with your psychological wellbeing, as a result of your close family member's experiences in the Armed Forces? (Please select the option which best applies to you)

	Unweighted base	32	90	68	79	43	92	51	141	89	685	41	76
Base: All GB adults who have close family members who are currently serving/ have previously served in the Armed Forces		31	87	65	76	40	92	75	129	83	677	38	76
Nobody - I would try and cope alone	7%	16%	18%	17%	21%	15%	14%	14%	14%	15%	15%	22%	21%
My partner/ spouse	44%	21%	14%	27%	14%	24%	25%	24%	27%	24%	22%	22%	18%
My Armed Forces family members	-	3%	3%	2%	4%	4%	12%	3%	1%	4%	3%	4%	4%
My non-Armed Forces family members	-	1%	3%	-	-	2%	9%	5%	-	3%	-	2%	2%
My Armed Forces friends	3%	2%	3%	2%	5%	6%	-	1%	5%	3%	-	2%	2%
My non-Armed Forces friends	3%	-	-	1%	-	1%	2%	1%	2%	1%	2%	-	-
A mental health professional	3%	1%	4%	4%	6%	3%	4%	7%	6%	4%	7%	7%	7%
My GP/ Doctor	22%	31%	30%	20%	23%	14%	16%	25%	27%	23%	19%	27%	27%
A charity (e.g. Mind, Help for Heroes etc.)	3%	9%	3%	7%	2%	8%	5%	4%	5%	5%	5%	4%	4%
Other	-	3%	5%	1%	-	1%	-	1%	1%	2%	-	-	-
Don't know	6%	12%	14%	11%	18%	20%	13%	13%	5%	13%	17%	17%	12%
Prefer not to say	10%	1%	3%	7%	8%	1%	2%	2%	7%	4%	3%	2%	2%

You previously mentioned that you wouldn't turn to anyone for help and support if you were struggling with your psychological wellbeing as a result of your close family member's experiences in the Armed Forces.

Which, if any, of the following are reasons for this? (Please select all that apply. If any of your answers don't appear in the list below, please type them in the "Other" box)

	Unweighted base	2	15	10	14	9	12	7	20	14	103	9	16
Base: All GB adults who would try and cope alone		2	14	12	13	8	14	11	18	13	104	8	16
I would feel like I don't have the right to share my struggles or get support, as I'm not the one who is/ has been in the Armed Forces	55%	35%	34%	52%	31%	28%	47%	34%	43%	38%	57%	33%	33%
I would try to be the strong one in the relationship and/ or family	45%	40%	85%	33%	34%	26%	17%	45%	43%	41%	56%	52%	52%
I wouldn't know where to seek help and support from	-	-	9%	-	21%	20%	-	21%	-	9%	-	6%	6%
I would be afraid of appearing weak	-	7%	9%	7%	11%	33%	14%	30%	29%	18%	-	13%	13%
I would be too busy trying to support my partner/ family	-	19%	21%	7%	34%	17%	11%	15%	7%	15%	21%	12%	12%
Other	-	19%	8%	17%	21%	16%	-	5%	-	10%	-	-	-
Don't know	-	13%	-	8%	-	-	12%	5%	7%	6%	12%	12%	12%

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Working status							Marital Status				
Working full time	Working part time	ALL WORKERS (NET)	Full time student	Retired	Unemployed	Not working/ Other	Married/ Civil Partnership	Living as married	Separated/ Divorced	Widowed	Never Married

For the following question, please imagine that you were personally struggling with your psychological wellbeing (i.e. mental, emotional wellbeing) as a result of your close family member's (i.e. partner, spouse, parents, siblings or children) experiences in the Armed Forces.

Which ONE, if any, of the following would you turn to FIRST for help and support if you were struggling with your psychological wellbeing, as a result of your close family member's experiences in the Armed Forces? (Please select the option which best applies to you)

	Unweighted base	265	118	383	36	278	23	82	457	92	68	35	150
Base: All GB adults who have close family members who are currently serving/ have previously served in the Armed Forces	273	113	387	38	262	22	83	442	95	65	33	157	
Nobody - I would try and cope alone	18%	14%	17%	22%	16%	21%	11%	12%	12%	26%	25%	25%	
My partner/ spouse	27%	20%	25%	37%	19%	21%	21%	30%	29%	3%	14%	11%	
My Armed Forces family members	3%	4%	3%	11%	4%	-	3%	2%	5%	5%	6%	6%	
My non-Armed Forces family members	4%	1%	3%	7%	1%	-	3%	2%	1%	2%	-	6%	
My Armed Forces friends	3%	2%	2%	-	2%	5%	4%	3%	3%	1%	3%	2%	
My non-Armed Forces friends	1%	1%	1%	-	0%	-	2%	0%	2%	3%	-	2%	
A mental health professional	7%	6%	7%	2%	2%	8%	4%	3%	6%	7%	6%	7%	
My GP/ Doctor	16%	28%	19%	8%	31%	13%	27%	25%	19%	29%	25%	20%	
A charity (e.g. Mind, Help for Heroes etc.)	4%	8%	5%	2%	5%	8%	6%	5%	6%	3%	8%	4%	
Other	1%	2%	1%	-	2%	-	1%	1%	-	5%	-	2%	
Don't know	12%	11%	12%	11%	16%	-	12%	13%	11%	15%	14%	11%	
Prefer not to say	3%	4%	3%	-	2%	24%	6%	4%	6%	-	-	4%	

You previously mentioned that you wouldn't turn to anyone for help and support if you were struggling with your psychological wellbeing as a result of your close family member's experiences in the Armed Forces.

Which, if any, of the following are reasons for this? (Please select all that apply. If any of your answers don't appear in the list below, please type them in the "Other" box)

	Unweighted base	45	15	60	8	46	5	9	56	11	17	9	35
Base: All GB adults who would try and cope alone	49	15	64	9	42	5	9	54	11	17	8	39	
I would feel like I don't have the right to share my struggles or get support, as I'm not the one who is/ has been in the Armed Forces	40%	45%	41%	35%	32%	39%	55%	43%	40%	31%	44%	35%	
I would try to be the strong one in the relationship and/ or family	38%	51%	41%	45%	41%	23%	76%	52%	33%	39%	46%	36%	
I wouldn't know where to seek help and support from	6%	6%	6%	13%	11%	-	12%	7%	-	-	10%	15%	
I would be afraid of appearing weak	16%	12%	15%	33%	18%	19%	-	10%	9%	11%	37%	25%	
I would be too busy trying to support my partner/ family	21%	6%	17%	10%	11%	20%	21%	16%	27%	31%	10%	5%	
Other	11%	6%	10%	-	8%	18%	-	6%	8%	8%	21%	8%	
Don't know	4%	13%	6%	27%	7%	-	-	7%	-	16%	-	6%	

YouGov/ Help for Heroes

Sample size: 4164 GB Adults (of which 802 have close family members who are currently serving/ have previously served in the Armed Forces)

Fieldwork: 20th - 27th December 2017

Children in Household					
0	1	2	3+	ALL WITH CHILDREN IN HOUSEHOLD (NET)	Refused

For the following question, please imagine that you were personally struggling with your psychological wellbeing (i.e. mental, emotional wellbeing) as a result of your close family member's (i.e. partner, spouse, parents, siblings or children) experiences in the Armed Forces.

Which ONE, if any, of the following would you turn to FIRST for help and support if you were struggling with your psychological wellbeing, as a result of your close family member's experiences in the Armed Forces? (Please select the option which best applies to you)

	Unweighted base	0	1	2	3+	ALL WITH CHILDREN IN HOUSEHOLD (NET)	Refused
Base: All GB adults who have close family members who are currently serving/ have previously served in the Armed Forces	608	84	58	40	182	12	
	585	90	59	44	193	13	
Nobody - I would try and cope alone	16%	17%	14%	12%	15%	29%	
My partner/ spouse	21%	27%	36%	37%	32%	-	
My Armed Forces family members	3%	5%	8%	3%	5%	7%	
My non-Armed Forces family members	2%	6%	3%	5%	5%	-	
My Armed Forces friends	2%	2%	7%	4%	4%	-	
My non-Armed Forces friends	1%	2%	-	3%	2%	-	
A mental health professional	5%	5%	2%	11%	6%	-	
My GP/ Doctor	27%	17%	10%	9%	13%	33%	
A charity (e.g. Mind, Help for Heroes etc.)	5%	3%	3%	8%	4%	14%	
Other	2%	-	-	2%	1%	-	
Don't know	14%	11%	11%	3%	9%	16%	
Prefer not to say	3%	6%	6%	2%	5%	-	

You previously mentioned that you wouldn't turn to anyone for help and support if you were struggling with your psychological wellbeing as a result of your close family member's experiences in the Armed Forces.

Which, if any, of the following are reasons for this? (Please select all that apply. If any of your answers don't appear in the list below, please type them in the "Other" box)

	Unweighted base	0	1	2	3+	ALL WITH CHILDREN IN HOUSEHOLD (NET)	Refused
Base: All GB adults who would try and cope alone	98	16	6	5	27	3	
	96	16	8	5	29	4	
I would feel like I don't have the right to share my struggles or get support, as I'm not the one who is/ has been in the Armed Forces	36%	56%	27%	68%	50%	27%	
I would try to be the strong one in the relationship and/ or family	38%	49%	100%	36%	60%	46%	
I wouldn't know where to seek help and support from	8%	12%	12%	-	10%	-	
I would be afraid of appearing weak	19%	12%	12%	-	9%	-	
I would be too busy trying to support my partner/ family	9%	38%	42%	16%	35%	27%	
Other	10%	5%	-	-	3%	-	
Don't know	8%	7%	-	-	4%	-	

YouGov/ Help for Heroes

Sample size: 4164 GB Adults (of which 802 have close family members who are currently serving/ have previously served in the Armed Forces)

Fieldwork: 20th - 27th December 2017

Parent/ Guardian							
Parent/ guardian (any age)	Not parent/ guardian	4 years and under	5 to 11 years	12 to 16 years	17 to 18 years	18 years and under	Over 18 years

For the following question, please imagine that you were personally struggling with your psychological wellbeing (i.e. mental, emotional wellbeing) as a result of your close family member's (i.e. partner, spouse, parents, siblings or children) experiences in the Armed Forces.

Which ONE, if any, of the following would you turn to FIRST for help and support if you were struggling with your psychological wellbeing, as a result of your close family member's experiences in the Armed Forces? (Please select the option which best applies to you)

	Unweighted base	525	277	62	92	62	27	171	387
Base: All GB adults who have close family members who are currently serving/ have previously served in the Armed Forces	516	275	66	101	62	26	183	366	
Nobody - I would try and cope alone	15%	18%	20%	14%	13%	8%	15%	15%	
My partner/ spouse	24%	20%	42%	34%	24%	27%	32%	20%	
My Armed Forces family members	4%	4%	1%	7%	1%	5%	4%	3%	
My non-Armed Forces family members	2%	3%	8%	3%	-	3%	4%	1%	
My Armed Forces friends	3%	2%	6%	3%	6%	3%	5%	2%	
My non-Armed Forces friends	1%	1%	3%	1%	3%	-	1%	0%	
A mental health professional	4%	5%	3%	5%	8%	3%	4%	5%	
My GP/ Doctor	25%	21%	1%	13%	21%	35%	15%	30%	
A charity (e.g. Mind, Help for Heroes etc.)	5%	5%	3%	3%	5%	3%	3%	7%	
Other	1%	2%	2%	1%	2%	-	1%	1%	
Don't know	12%	15%	4%	10%	14%	8%	10%	13%	
Prefer not to say	4%	3%	7%	7%	3%	3%	6%	3%	

You previously mentioned that you wouldn't turn to anyone for help and support if you were struggling with your psychological wellbeing as a result of your close family member's experiences in the Armed Forces.

Which, if any, of the following are reasons for this? (Please select all that apply. If any of your answers don't appear in the list below, please type them in the "Other" box)

	Unweighted base	79	49	12	11	7	2	25	58
Base: All GB adults who would try and cope alone	79	50	13	14	8	2	28	55	
I would feel like I don't have the right to share my struggles or get support, as I'm not the one who is/ has been in the Armed Forces	44%	31%	53%	33%	77%	-	50%	41%	
I would try to be the strong one in the relationship and/ or family	47%	38%	61%	48%	49%	40%	58%	43%	
I wouldn't know where to seek help and support from	5%	13%	15%	-	-	-	7%	3%	
I would be afraid of appearing weak	11%	25%	7%	-	12%	-	7%	14%	
I would be too busy trying to support my partner/ family	19%	9%	31%	36%	25%	60%	36%	16%	
Other	6%	11%	-	-	-	-	-	9%	
Don't know	6%	8%	-	-	-	-	-	9%	

YouGov/ Help for Heroes

Sample size: 4164 GB Adults (of which 802 have close family members who are currently serving/ have previously served in the Armed Forces)

Fieldwork: 20th - 27th December 2017

Social Media/ Messaging service (within the last month)									
Facebook	Twitter	LinkedIn	Google+	Pinterest	Instagram	Snapchat	Facebook Messenger	WhatsApp	Skype

For the following question, please imagine that you were personally struggling with your psychological wellbeing (i.e. mental, emotional wellbeing) as a result of your close family member's (i.e. partner, spouse, parents, siblings or children) experiences in the Armed Forces.

Which ONE, if any, of the following would you turn to FIRST for help and support if you were struggling with your psychological wellbeing, as a result of your close family member's experiences in the Armed Forces? (Please select the option which best applies to you)

	Unweighted base	591	197	112	78	113	148	83	467	322	114
Base: All GB adults who have close family members who are currently serving/ have previously served in the Armed Forces	585	203	109	76	111	157	84	463	320	111	
Nobody - I would try and cope alone	16%	19%	14%	15%	16%	20%	16%	18%	20%	11%	
My partner/ spouse	23%	22%	29%	24%	22%	22%	27%	23%	25%	26%	
My Armed Forces family members	3%	3%	5%	3%	2%	3%	4%	4%	4%	5%	
My non-Armed Forces family members	3%	4%	3%	3%	4%	3%	6%	2%	3%	2%	
My Armed Forces friends	3%	3%	4%	2%	3%	3%	3%	3%	3%	4%	
My non-Armed Forces friends	1%	1%	2%	-	-	1%	2%	1%	2%	1%	
A mental health professional	5%	6%	5%	4%	9%	12%	7%	5%	5%	9%	
My GP/ Doctor	23%	17%	17%	22%	29%	17%	15%	22%	19%	10%	
A charity (e.g. Mind, Help for Heroes etc.)	5%	5%	4%	11%	4%	3%	5%	5%	3%	8%	
Other	1%	1%	2%	3%	2%	1%	1%	1%	1%	1%	
Don't know	13%	12%	14%	10%	4%	10%	10%	12%	13%	18%	
Prefer not to say	4%	6%	2%	3%	5%	4%	5%	4%	2%	7%	

You previously mentioned that you wouldn't turn to anyone for help and support if you were struggling with your psychological wellbeing as a result of your close family member's experiences in the Armed Forces.

Which, if any, of the following are reasons for this? (Please select all that apply. If any of your answers don't appear in the list below, please type them in the "Other" box)

	Unweighted base	94	35	16	13	17	26	12	81	60	14
Base: All GB adults who would try and cope alone	96	38	16	12	18	32	13	84	62	13	
I would feel like I don't have the right to share my struggles or get support, as I'm not the one who is/ has been in the Armed Forces	35%	35%	24%	45%	32%	37%	45%	37%	27%	43%	
I would try to be the strong one in the relationship and/ or family	45%	47%	70%	40%	59%	45%	72%	49%	56%	42%	
I wouldn't know where to seek help and support from	10%	13%	-	7%	16%	12%	8%	10%	9%	7%	
I would be afraid of appearing weak	19%	20%	12%	8%	14%	20%	19%	21%	26%	21%	
I would be too busy trying to support my partner/ family	15%	10%	23%	8%	12%	20%	13%	15%	20%	7%	
Other	9%	9%	8%	14%	5%	8%	9%	7%	3%	14%	
Don't know	8%	11%	6%	-	7%	7%	9%	7%	5%	7%	

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Sample size: 4164 GB Adults (of which 802 have close family members who are currently serving/ have previously served in the Armed Forces)

Fieldwork: 20th - 27th December 2017

Total	Gender		Age				
	Male	Female	18-24	25-34	35-44	45-54	55+

Thinking about your own personal experiences as a result of your close family member's time in the Armed Forces

Which, if any, of the following have you experienced as a result of your close family member's experiences in the Armed Forces? (Please select all that apply)

	Unweighted base	802	384	418	66	79	98	115	444
Base: All GB adults who have close family members who are currently serving/ have previously served in the Armed Forces		792	400	392	66	91	108	110	417
I currently have/ have experienced depression	13%	13%	14%	12%	17%	35%	12%	19%	7%
I currently have/ have experienced anxiety	17%	17%	17%	17%	20%	34%	23%	17%	11%
I currently have/ have experienced other mental health issues	2%	2%	2%	2%	2%	9%	2%	3%	1%
None of these	67%	67%	66%	67%	60%	43%	56%	65%	76%
Don't know	5%	5%	5%	5%	6%	8%	4%	4%	5%
Prefer not to say	5%	5%	6%	5%	4%	6%	9%	4%	5%
Net: Personal wellbeing has suffered	23%	23%	24%	22%	30%	43%	31%	27%	14%
Net: Personal wellbeing hasn't suffered	77%	77%	76%	78%	70%	57%	69%	73%	86%

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Sample size: 4164 GB Adults (of which 802 have close family members who are currently serving/ have previously served in the Armed Forces)

Fieldwork: 20th - 27th December 2017

Region							
North	Midlands	East	London	South	England (NET)	Wales	Scotland

Thinking about your own personal experiences as a result of your close family member's time in the Armed Forces

Which, if any, of the following have you experienced as a result of your close family member's experiences in the Armed Forces? (Please select all that apply)

	Unweighted base	190	122	92	51	230	685	41	76
Base: All GB adults who have close family members who are currently serving/ have previously served in the Armed Forces		183	116	92	75	212	677	38	76
I currently have/ have experienced depression	17%	12%	12%	15%	12%	14%	16%	10%	10%
I currently have/ have experienced anxiety	19%	14%	15%	30%	14%	17%	24%	10%	10%
I currently have/ have experienced other mental health issues	3%	1%	-	5%	1%	2%	7%	1%	1%
None of these	68%	69%	68%	47%	70%	66%	57%	73%	73%
Don't know	3%	7%	6%	8%	4%	5%	7%	6%	6%
Prefer not to say	4%	6%	5%	4%	6%	5%	5%	8%	8%
Net: Personal wellbeing has suffered	26%	18%	21%	41%	20%	24%	31%	13%	13%
Net: Personal wellbeing hasn't suffered	74%	82%	79%	59%	80%	76%	69%	87%	87%

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Sample size: 4164 GB Adults (of which 802 have close family members who are currently serving/ have previously served in the Armed Forces)

Fieldwork: 20th - 27th December 2017

Government Region											
North East	North West	Yorkshire and the Humber	East Midlands	West Midlands	East of England	London	South East	South West	England (NET)	Wales	Scotland

Thinking about your own personal experiences as a result of your close family member's time in the Armed Forces

Which, if any, of the following have you experienced as a result of your close family member's experiences in the Armed Forces? (Please select all that apply)

	Unweighted base	32	90	68	79	43	92	51	141	89	685	41	76
Base: All GB adults who have close family members who are currently serving/ have previously served in the Armed Forces		31	87	65	76	40	92	75	129	83	677	38	76
I currently have/ have experienced depression	21%	14%	18%	13%	12%	12%	15%	10%	15%	14%	16%	16%	10%
I currently have/ have experienced anxiety	22%	21%	15%	17%	7%	15%	30%	12%	16%	17%	24%	10%	10%
I currently have/ have experienced other mental health issues	3%	4%	3%	-	2%	-	5%	1%	2%	7%	1%	1%	1%
None of these	61%	68%	70%	68%	71%	68%	47%	74%	65%	66%	57%	73%	73%
Don't know	3%	2%	4%	8%	5%	6%	8%	5%	2%	5%	7%	6%	6%
Prefer not to say	6%	2%	5%	4%	10%	5%	4%	5%	8%	5%	5%	8%	8%
Net: Personal wellbeing has suffered	31%	27%	21%	20%	14%	21%	41%	17%	25%	24%	31%	13%	13%
Net: Personal wellbeing hasn't suffered	69%	73%	79%	80%	86%	79%	59%	83%	75%	76%	69%	87%	87%

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Sample size: 4164 GB Adults (of which 802 have close family members who are currently serving/ have previously served in the Armed Forces)

Fieldwork: 20th - 27th December 2017

Working status							Marital Status				
Working full time	Working part time	ALL WORKERS (NET)	Full time student	Retired	Unemployed	Not working/ Other	Married/ Civil Partnership	Living as married	Separated/ Divorced	Widowed	Never Married

Thinking about your own personal experiences as a result of your close family member's time in the Armed Forces

Which, if any, of the following have you experienced as a result of your close family member's experiences in the Armed Forces? (Please select all that apply)

	Unweighted base	265	118	383	36	278	23	82	457	92	68	35	150
Base: All GB adults who have close family members who are currently serving/ have previously served in the Armed Forces		273	113	387	38	262	22	83	442	95	65	33	157
I currently have/ have experienced depression		17%	12%	15%	11%	5%	17%	31%	12%	14%	12%	8%	19%
I currently have/ have experienced anxiety		19%	14%	18%	23%	10%	29%	29%	14%	17%	17%	14%	26%
I currently have/ have experienced other mental health issues		3%	1%	3%	-	-	-	8%	2%	3%	2%	-	4%
None of these		62%	67%	63%	64%	78%	48%	51%	70%	66%	65%	68%	57%
Don't know		6%	7%	6%	5%	4%	8%	3%	5%	7%	9%	6%	3%
Prefer not to say		5%	5%	5%	2%	5%	10%	7%	5%	5%	4%	9%	6%
Net: Personal wellbeing has suffered		28%	21%	26%	28%	12%	34%	38%	20%	22%	22%	17%	34%
Net: Personal wellbeing hasn't suffered		72%	79%	74%	72%	88%	66%	62%	80%	78%	78%	83%	66%

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Sample size: 4164 GB Adults (of which 802 have close family members who are currently serving/ have previously served in the Armed Forces)

Fieldwork: 20th - 27th December 2017



Children in Household					
0	1	2	3+	ALL WITH CHILDREN IN HOUSEHOLD (NET)	Refused

Thinking about your own personal experiences as a result of your close family member's time in the Armed Forces

Which, if any, of the following have you experienced as a result of your close family member's experiences in the Armed Forces? (Please select all that apply)

	Unweighted base	608	84	58	40	182	12
Base: All GB adults who have close family members who are currently serving/ have previously served in the Armed Forces		585	90	59	44	193	13
I currently have/ have experienced depression	12%	12%	15%	21%	23%	19%	22%
I currently have/ have experienced anxiety	16%	16%	18%	21%	26%	21%	21%
I currently have/ have experienced other mental health issues	2%	2%	1%	3%	4%	2%	-
None of these	70%	70%	58%	59%	56%	58%	43%
Don't know	6%	6%	5%	2%	2%	3%	8%
Prefer not to say	5%	5%	9%	6%	2%	7%	6%
Net: Personal wellbeing has suffered	19%	19%	28%	33%	40%	33%	43%
Net: Personal wellbeing hasn't suffered	81%	81%	72%	67%	60%	67%	57%

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Sample size: 4164 GB Adults (of which 802 have close family members who are currently serving/ have previously served in the Armed Forces)

Fieldwork: 20th - 27th December 2017



Parent/ Guardian							
Parent/ guardian (any age)	Not parent/ guardian	4 years and under	5 to 11 years	12 to 16 years	17 to 18 years	18 years and under	Over 18 years

Thinking about your own personal experiences as a result of your close family member's time in the Armed Forces

Which, if any, of the following have you experienced as a result of your close family member's experiences in the Armed Forces? (Please select all that apply)

	Unweighted base	525	277	62	92	62	27	171	387
Base: All GB adults who have close family members who are currently serving/ have previously served in the Armed Forces		516	275	66	101	62	26	183	366
I currently have/ have experienced depression	14%	13%	30%	22%	15%	22%	21%	11%	
I currently have/ have experienced anxiety	17%	17%	30%	25%	16%	20%	24%	13%	
I currently have/ have experienced other mental health issues	1%	3%	4%	3%	3%	-	2%	1%	
None of these	65%	70%	44%	54%	63%	48%	52%	71%	
Don't know	5%	5%	3%	4%	4%	3%	4%	6%	
Prefer not to say	5%	5%	6%	5%	7%	7%	7%	5%	
Net: Personal wellbeing has suffered	24%	20%	48%	38%	25%	42%	38%	19%	
Net: Personal wellbeing hasn't suffered	76%	80%	52%	62%	75%	58%	62%	81%	

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Sample size: 4164 GB Adults (of which 802 have close family members who are currently serving/ have previously served in the Armed Forces)

Fieldwork: 20th - 27th December 2017

Social Media/ Messaging service (within the last month)									
Facebook	Twitter	LinkedIn	Google+	Pinterest	Instagram	Snapchat	Facebook Messenger	WhatsApp	Skype

Thinking about your own personal experiences as a result of your close family member's time in the Armed Forces

Which, if any, of the following have you experienced as a result of your close family member's experiences in the Armed Forces? (Please select all that apply)

	Unweighted base	591	197	112	78	113	148	83	467	322	114
Base: All GB adults who have close family members who are currently serving/ have previously served in the Armed Forces		585	203	109	76	111	157	84	463	320	111
I currently have/ have experienced depression	15%	17%	13%	20%	22%	20%	16%	15%	15%	15%	12%
I currently have/ have experienced anxiety	18%	20%	20%	20%	26%	24%	24%	20%	18%	18%	16%
I currently have/ have experienced other mental health issues	2%	3%	4%	7%	5%	5%	3%	3%	3%	3%	-
None of these	66%	63%	68%	60%	57%	55%	60%	64%	66%	66%	71%
Don't know	5%	6%	3%	4%	2%	8%	6%	5%	6%	6%	5%
Prefer not to say	5%	4%	4%	7%	8%	4%	4%	5%	4%	4%	4%
Net: Personal wellbeing has suffered	24%	27%	25%	29%	33%	33%	31%	26%	24%	24%	21%
Net: Personal wellbeing hasn't suffered	76%	74%	75%	71%	67%	67%	69%	74%	76%	76%	79%