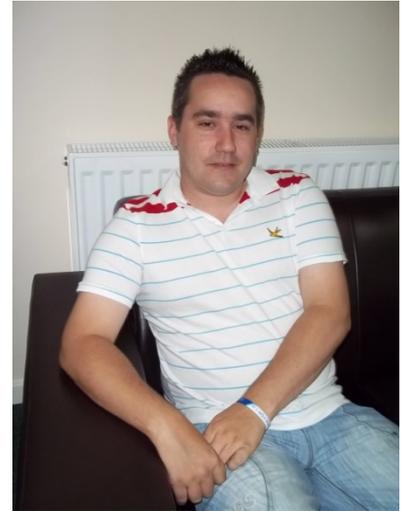


Steven Seagar

Age 29

Tell us about yourself:

I am 29 years old, through the help of combat stress I have begun to rebuild my life and am now training to be a fully qualified plumber.



Service History:

Joined the Army in 1999. Did basic training at the Army Apprentice College, then trade training at the Royal School of Signals, Blandford. Then posted to 1 Div in Herford, Germany. During time there was deployed to Iraq for op telic. Left the forces in September 2004.

Lasting Memories

Good friends – they'll be friends forever. Experiences have made me more mature.

Injuries

PTSD – Support from Combat Stress

Poppy Support

Lifted a weight from my shoulders. Applied for plumbing course – helps me look to the future rather than just looking back. Feels like I'm getting sorted. Quite simply – it's helped

What support have you received:

The help I have had from the Legion has been varied from help from Sally Fisher about benefit advice and helping with bankruptcy. Also Karen Small helped get me some clothing vouchers which helped me get some new clothes. I am very grateful.

I am in the process of applying for a grant through the Poppy Appeal to help pay for my plumbing course.

Comments

It helps so many people. I've always known about the RBL, but never realised how much work goes on and how much help they can give. It's not until you ask for their help that you realise what they can do for you.

They help so many service men and women with their wonderful help and advice. They don't only help those that have served. They help their whole family

I think all this help has made me realise that being an ex-service person does not mean that we are on our own and that there is help out there for anyone that needs it no matter how big or small the problem. Also, knowing that there are more people who can help like the VOS and combat stress and many more. All in all, I think all the help I have received has helped me to turn my life around and allowed me to think about the future again and is greatly appreciated.

Nicola Seager

My son Steven was at rock bottom and unsociable to everyone in his own way. I was living away at the time and did not realise how bad he was becoming. After an episode, I called Combat Stress who thankfully sent John Bromley round to see him. He gave such good advice I couldn't thank him enough. It was like a light at the end of the tunnel.



He put us in contact with British Legion. Help came thick and fast. I never knew there was so much help from so many people. Every time you asked a question, they came back with a positive answer. Through his treatment at Trywhitt House, I really have my Steven back. A positive young man who has had his life turned round and feels that he has a purpose to carry on with his life.

I really can't thank everyone enough for the help, support and love that Steven and myself have received.

Thank you.