17 April 2023

**Frequently Asked Questions (FAQ)**

**Useful Links**

[What  to do if I require Benevolence/Welfare Assistance](https://householdcavalry.co.uk/old-comrades/the-life-guards/welfare/)

[Contact SSAFA](https://www.ssafa.org.uk/get-help/find-local-branch)

[Contact The Royal British Legion](https://www.britishlegion.org.uk/about-us/who-we-are/get-in-touch)

[Update my contact details](https://householdcavalry.co.uk/old-comrades/the-life-guards/change-of-personal-information-forms/)

[Apply for my service records](https://submit-a-data-protection-request.service.mod.uk/start)

[Widow and Pension Enquiries](https://inboxguru.s3.amazonaws.com/001-0844752d-6c1e-4f69-90d0-6da9fa5ab6b2/Widow%20Pension%20Advice.docx)

[Access the Association websites](https://householdcavalry.co.uk/old-comrades/the-life-guards/)

[Access the Veterans Gateway](https://www.veteransgateway.org.uk/)

[Access OP Courage (Mental Health Support England)](https://www.england.nhs.uk/commissioning/armed-forces/mental-health-support-for-veterans/)

[Access Veterans First Point (Mental Health Support Scotland)](https://www.veteransfirstpoint.org.uk/get-support/veterans)

[Access Mental Health & Peer Support (Northern Ireland)](https://www.veteransfirstpoint.org.uk/get-support/veterans)