



## Helping wounded veterans and their families to recover and get on with their lives.

Help for Heroes is a British charity that provides lifelong recovery support to service personnel who have been wounded or injured in the line of duty, and to their families, as well as organising a wide range of fundraising events and activities.

During the COVID pandemic, the charity faced the dual challenges of limited interaction with the service people and families they support, as well as a drop in funding as donations slowed down.

Titus worked with H4H to develop a bespoke Moodle dubbed the "Recovery College" which would allow self-service access for users to complete mental health assessments online, access targeted resources to help them deal with specific issues such as PTSD, and continue to promote the H4H brand to the wider public.

#### Moodle—making a difference for veterans.

Our work with Help for Heroes has helped to limit the isolation that many of their service users face, especially during periods of lockdown.

### **Self-service support**

The Recovery College allows Help for Heroes to offer self-help guides to direct users of the platform in understanding their individual requirements for support.

They can then enrol on targeted courses delivered via Microsoft Teams to develop the knowledge they need to take ownership of their recovery journey.

#### **Involving families**

The Moodle provides a central hub for family members and carers to access the the information they need to help them support beneficiaries in their recovery.

Resources are available to offer tips on self-care, recognising if a loved one is struggling with their mental health and guidance on how to seek help.

#### **Empowering individuals**

Moodle's intuitive interface and accessible course creation tools allow Help for Heroes to involve as many people as possible in the authoring process.

Courses are co-produced by recovery staff, together with veterans who have been through or who are going through the recovery process.







# Thank you for reading.

Any questions, please get in touch.

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