

A black and white photograph of a man with short hair and a beard, wearing a dark zip-up hoodie. He is looking directly at the camera with a neutral expression. The background is a plain, light color.

# PROJECT NOVA

IN PARTNERSHIP WITH

**WALKING WITH THE  
WOUNDED** | **RFEA**

Have you  
served in  
HM Forces?

Our team works with men and women who have served in Her Majesty's Armed Forces. Project Nova provides support to those who are facing difficulties.

We work with you to understand what you need and support you to make positive changes.

Call us on: **0800 917 7299**

Or email us at: **info.nst@projectnova.org.uk**



When I came to Project Nova I was drinking heavily and taking drugs; I'm now working full time and have my own place. I'm ten times better than I was this time last year.



**DAMIAN**

EX-1ST BATTALION THE PARACHUTE REGIMENT

**Delivered by:**



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**WWW.PROJECTNOVA.ORG.UK**