



PTSD RESOLUTION - KEY FACTS

“Help us to help Veterans, Reservists and Families recover their mental health”

1. Nearly 8 out of 10 referrals are treated successfully, in an average of five sessions, with one of our 200 accredited counsellors, UK-wide.
2. Provision is free, prompt, private, confidential, local, and one-to-one. No referral is needed, so reducing any sense of stigma, or negative implications for employment records.
3. We have no salaried staff, assets or liabilities. All funds are used to support the therapy and outreach programme, at a cost of £600 per programme.
4. Resolution counsellors are trained in Trauma-Focused Cognitive Behavioural Therapy (TFCBT). Treatment is consistent with the guidelines of the National Institute for Health and Clinical Excellence (NICE).
5. Referrals are not required to talk about the traumatic events because it is found that re-exposure is better done in the client's visual imagination and while in a relaxed state, protecting confidentiality and reducing distress.
6. Counsellors work in prisons. The patron of the charity is Lord Ramsbotham, former Inspector of Prisons.
7. Resolution provides a service that is absent from the national provision for mental Health. Of those veterans that access treatment through other channels, research suggests that the majority are misdiagnosed or are offered medication for symptoms, without dealing with the trauma. One study of vulnerable veterans found that only 4% of those seeking treatment had been offered evidence-based therapeutic help.

**For further information or therapy contact PTSD Resolution at
contact@ptsdresolution.org or Tel 0300 302 0551**