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Now in our 11th year we have received over 2700 referrals.

It is important to recognise that these referrals come from all corners of the UK, from all the services, all ages, gender, and ranks, and include families as well. The Testimonials at <https://www.ptsdresolution.org/testimonials.php> give a good indication about how much our service is valued. We are increasingly recognised as providing value for money, each treatment costing an average of £650. We are delivering the value – what we need is the money to enable us to continue.

Increase demand for our services

From Monday 27 January Combat Stress is no longer taking new referrals from Veterans in England and Wales. As a result PTSD Resolution has already experienced an increase in referrals from 7 to 17 a week. This means we will have to prioritise our acceptances, reduce our sessions, and **improve our fundraising**. As a friend of PTSD Resolution, I would implore you to try really hard to help us improve on our fundraising. As well as the ideas at <https://www.ptsdresolution.org/fundraising.php>, please consider proactively using social media and your own contacts to seek out people who might be interested in supporting us.

Veterans' mental health journey – our on-line survey

Please ask any Veterans you come across, and they to ask their friends, to complete the new survey on our website at <https://www.surveymonkey.com/r/RGN5RGV>. The more who complete, the greater the value of the results.

Feedback

We value any feedback you may have about what we do or how we do it, including the newsletter.



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