



Happy New Year to all Friends of PTSD Resolution. Thank you for your support. In 2021 we received 351 referrals from across the UK and continue to help veterans and families every day.

theBigGive

Thank you to all those who donated to the Big Give last year. We surpassed our target, raising a total of £37,066.39. We use all sums donated with the greatest of care: we own no assets and pay no salaries. Funds are used to pay for therapy, with essential research and communication, and fundraising. To see what we do and how funds are used please see the [Impact Report](#).

Statement of Purpose

To help you to 'walk the talk' in helping us to further the veterans' cause, please see our latest [Statement of Purpose](#) and the supporting references. It will explain exactly why we do what we do, and the various organisations that we belong to and which support us.

Pennant article

Please see our article in the [Pennant journal](#). It tells readers all about our HG therapy which is:

- Prompt – the Veteran has a response within 24 hours of calling and a first appointment within a week
- Effective – some 78% of clients say they require no further treatment
- Local – 200 therapists across the UK means a Veteran can see a therapist nearby
- Brief – six sessions is the average, with more available if required.

Royal College of Psychiatrists article

We also had this landmark [article](#) published. You can find the original article [here](#). It is worth repeating the four features that distinguish the mental health treatment we deliver, which includes:

- veterans who are suffering from alcohol or substance addiction
- those who are in the criminal justice system
- family members, where their mental health has been affected; and
- the rigorous collection of clinical outcome measurement data

Jonathan Thompson Rides Again



This time, after cycling the Pyrenees, he is tackling another major tour to [raise funds for PTSD Resolution](#). He has a team of four, cycling with Jim (former Royal Navy helicopter pilot), Neil (former Royal Engineer), and Jez (former Royal Marine); *“Last year Jez cycled the Pyrenees with me; Jim & Neil supported me from a very large van, so this time life will be a bit tougher for them. If things go well this year we will cycle the Shetlands in '23, Ireland in '24 and Western Australia (the Munda Biddi Trail) in '25. I shall be 80 then, so I’m not counting too many chickens!”*

If you are interested in corporate sponsorship opportunities - because Jonathan’s tours attract a lot of media attention - please contact us direct at contact@ptsdresolution.org

Trauma Awareness Training, TATE

We recently completed a [major NHS training project](#). Please help us by identifying any organisation you know that might require training - to support their frontline managers and HR staff perhaps. [Details of TATE are here](#).

Armed Forces Covenant After 10 Years: Initiative For Employees Mental Health.

Organisations can meet their Corporate Social Responsibility (CSR) commitments under the Covenant and the Defence Employer Recognition Scheme (ERS) by working with PTSD Resolution.

The goal of the ERS is to encourage companies to show their support for the military and encourage others to follow suit. Employer organisations that support and actively match their policies with the [Armed Forces Covenant can earn bronze, silver and gold awards through this programme](#).

Thank you for your continued support, without which we would not be able to continue to help those in need.

SG: Veteran of Bosnia, Afghanistan & Iraq

“I would 100% recommend PTSD Resolution to another sufferer. The way I see it now, PTSD is like a broken bone. You wouldn't walk on a broken leg - because it would make things worse. You would get treatment and give it time to recover.”

