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The last few months have been tough for us all. Many Veterans, Reservists and their families are struggling with mental health issues made worse by lockdown and by the current uncertainty.

With your help, we can help them.

Thanks to you, PTSD Resolution has provided over 2,600 Veterans and families with free and effective PTSD treatment. Many more - like Stephen and Diana - need us now.



After 22 years service in the Gulf, Northern Ireland, Bosnia and Iraq, Stephen says he didn't know how to function in normal society. He was slipping down to a very dark place and finding it hard to get support:

"I went to my local GP who wasted my time. I was prescribed pills. A doctor told me to get more exercise. A mental health nurse told me I had autism. I don't.

"Then I found PTSD Resolution..."

"As soon as I approached them I was recognised as having PTSD... they helped me understand WHY I was anxious and depressed. It put me back in control. Now I know I can switch off the bad memories. I don't feel guilty about things anymore. I am focused on looking forward.

"More Veterans should be made aware of them! I got 'me' back."

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Diana recalls her husband starting to tremble and telling her, 'I can't do this anymore.' She says it was totally out of character and very difficult for her to cope with:

"When I phoned PTSD Resolution they offered therapy for my husband - and for myself if I wanted it.

"I appreciated that there was no need to delve deep into distressing things - and that it was a short course, as some therapies are protracted. My husband was getting absolutely worse, but PTSD Resolution's outlook was like a breath of fresh air.

"I felt better after each session. I now feel calm, relaxed. I'm sleeping better, no longer anxious or 'on alert.' I feel confident to move forward, positively.

"From that first phone call to the end of therapy I've felt heard, supported and guided. It works!"

Read about other Veterans helped [here](#).

Or

Read our testimonials from previous clients [here](#)



Your donation will help Veterans like Stephen, and family members like Diana, get the help they desperately need - but often struggle to find.

A big thank you on behalf of Stephen, Diana and all of us at PTSD Resolution.

Your continued generosity means our national heroes can continue to get the support they deserve.

DONATE TODAY

HOW YOUR GIFT HELPS



£10.00 pays for the first,
introductory phone call with a
Veteran



£65.00 pays for half the cost of a
therapy session for a Veteran

From all of us at PTSD Resolution, thank you for your continued support for those who put their lives on the line for us.

PTSD Resolution



Counselling Forces' Veterans, Reservists & Families
registered charity no. 1133188

**CONTACT US TODAY ON 03003020551 OR
EMAIL US AT
CONTACT@PTSDRESOLUTION.ORG**

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