

**This quarterly newsletter is to all previous clients
of PTSD Resolution.**

You may be interested to know that we have had 3210 referrals to date and continue to receive 8 a week. If you know of anyone needing our help please signpost them on to us a 0300 302 0551 or contact@ptsdresolution.org.

Social support



If you need help with matters to do with social support, such as housing, jobs, benefits, clubs etc, please contact Susan at susanhancock@ptsdresolution.org, our Social Support Administrator, to see if she can help.

Breakfast Clubs and Drop In Centres

For companionship or support that is local to you try contacting your local ASDIC or AFVBC. you can contact them using these links.

ASDIC - <https://www.asdic.org.uk/>

AFVBC - <https://www.afvbc.net/>



PTSD Resolution Memorial Wall



PTSD Resolution is proud to launch this online Memorial Wall for those wishing to remember, and by doing so, to support the recovery of the mental health of veterans and reservists who have survived and also family members who may be affected. You can learn more about it using this [link](#).

Survey

If you have not already done so, please complete our on-line survey using this [link](#).



Gifting a Legacy to PTSD Resolution



If a PTSD Resolution has touched your life, or someone you care about, then please consider saying thank you by leaving us a gift in your Will. You can learn more about this [here](#).

Fundraising

You may like to see what Jonathan has done to raise money for us last year at North Coast 500, and this year at [Raid 21](#). We continually need funds in order to deliver the free service to Veterans, Reservists and family members – please see if you'd like to do something to raise some funds.



Virgin Money Giving - Closing



Are you fundraising for PTSD Resolution using Virgin Money Giving online? If so please note that the service is closing on November 30th.

If you have fundraising or events planned using Virgin, now's the time to find a different platform. Please see our [donations page](#). We recommend Just Giving. There is an option for donors to pay no fee for using this platform.

Please use this [link](#) for further information.



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You have asked to join our mailing list to receive our bi-monthly newsletters.

Our mailing address is:

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