



You don't have to wait to get help.

ANGER ... FLASHBACKS ... NIGHTMARES ... DEPRESSION ... VIOLENCE ... ALCOHOL ABUSE ... FAMILY BREAKDOWN

Military Post-Traumatic Stress can be treated successfully.

PTSD Resolution offers outpatient therapy in a nationwide outreach programme. Treatment is free, confidential & with no waiting lists.

- 1) Local outreach programme through 250 therapists nationwide
- 2) Effective treatment: 80 per cent of patients successfully treated
- 3) Brief therapy: typically within three to five one-hour sessions
- 4) Out-patient treatment: supports family and work routines and relationships
- 5) No waiting lists: therapy can usually begin within days
- 6) Confidential service, no clinical or service referrals required
- 7) 'Non-intrusive': no requirement to re-tell or re-live past traumas
- 8) Free: UK Registered charity (No. 1133188)

0845 021 7873

www.ptsdresolution.org

resolution

rebuilding lives
registered charity no. 1133188