

CASE STUDY

A former soldier who suffered serious post-traumatic symptoms after serving in the Army for 22 years underwent Resolution's treatment:

"I had my first session which did not involve any detail discussion about my trauma; indeed my therapist still has no knowledge of the events which traumatised me. After the session I went away not knowing what to expect, but that night my nightmares ceased, I became much calmer and to this day have not had one flashback or re-enactment episode. I threw out my anti depressants. I have re-connected to those around me and can now hold down a job."

"Together with many others, I believe that anyone who has been traumatised in the service of their country should be given immediate access to a kind of therapy that gives most patients proper relief from the symptoms that they suffer.

Ideally this treatment should be provided close to their homes, in a calm and pleasant environment; and it should be free in case of need.

But the sad reality is that traditional programmes tend to focus on long term support - which is expensive and may generate dependency - and some organisations will not deal with sufferers who are known to be users of drugs or alcohol, or who have certain types of criminal record."

In Memory of Lord Ramsbotham,
President of PTSD Resolution 2009-2023



the fund-raising campaign for PTSD Resolution

Each treatment costs the charity £850 on average. Please donate often and as much as you can - see over...

HOW YOU CAN HELP

Your donation will help meet the cost of treatment for veterans, reservists & family members. A course costs the charity an average of £850, with an 8 out of 10 success rate.

DONATE ON-LINE

You can make donations to Who Cares Wins appeal quickly and securely through our website:
www.ptsdresolution.org/donate

Every pound you donate helps.

OR DONATE BY MAIL

Please make your cheque payable to:
"PTSD Resolution" and send it to:

PTSD Resolution CIO,
c/o Chantry House, 22 Upperton Road
Eastbourne, East Sussex, BN21 1BF

Tel: Office: 0300 302 0551
contact@ptsdresolution.org

TEXT TO DONATE

Text: RESOLUTION (amount)
to 70085

For prompt help ring 0300 302 0551
www.ptsdresolution.org



PTSD Resolution

Counselling Forces' Veterans & Reservists
registered charity no. 1202649

Effective treatment for Military Post-Traumatic Stress for reintegration into work & family life



YOU DON'T HAVE TO WAIT TO GET HELP

Call 0300 302 0551

For effective, prompt and local treatment

You can now
donate using
the scan code
with your
mobile device



PTSD Resolution is a charity assisting servicemen, women and family members with mental health issues following service in the UK armed forces.

- The charity works with all individuals without third party referral or diagnosis, such as those in prisons and with alcohol/drug problems.
- Approximately 2,800 former armed forces members are in the criminal justice system; we seek to help those with mental health problems.
- PTSD Resolution has positive outcomes for beneficiaries who engage in the therapeutic process and attend appointments, even with long-standing and complex trauma.
- The charity is not a mental health crisis service; those at immediate risk to life should contact The Samaritans on 116 123, their GP, mental health crisis team, or emergency services.
- The charity carries out important new research, such as Project-100, into the impact of completed Human Givens therapy on Military Veterans seeking help from PTSD Resolution.
- TATE -Trauma Awareness Training for Employers – a popular course in how to recognise the symptoms of trauma and signpost help, run by experienced therapists.



The Royal College of Psychiatrists accredits PTSD Resolution to the Quality Network for Veterans Mental Health Services (QNVMS).

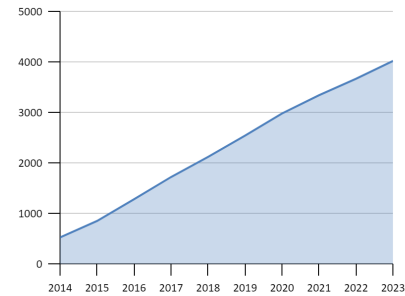
PTSD Resolution engages exclusively with Human Givens therapists, who use Human Givens Therapy (HGT), a well-established treatment that significantly contributes to assisting beneficiaries to move towards recovery. All therapists are registered with the Human Givens Institute, which is accredited by the Professional Standards Authority (PSA).

WHAT WE DO

- Post-traumatic stress disorder (PTSD) negatively impacts sufferers, their families, and friends.
- Symptoms include flashbacks, nightmares, anger, and depression, and can lead to violence, substance abuse, family breakdown, prison, and suicide.
- PTSD Resolution offers free, prompt and effective mental health treatment to Veterans, Reservists and their family members. One-to-one therapy sessions are delivered online or locally, through a UK network of 200 Human Givens therapists.
- An agreed end of therapy is generally reached in six sessions. The goal is to relieve trauma symptoms and help clients return to normal work and family life, without the need for continued therapy.
- Breaking the link between the memory of the original event and the strong emotional response enables accidental reminders of traumatic events to be dealt with in a calm state.
- PTSD Resolution's therapy is conducted humanely, in a deliberately calm state, without requiring people to talk in detail about traumatic events. No diagnosis or referral is required.

KEY STATISTICS

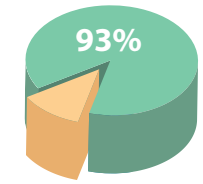
Over 4,000 Veterans, Reservists and families helped to date.



Time from registration to first appointment



A UK network of 200 PTSD Resolution Accredited Therapists.



Charity spending that directly supports charitable objectives: 93%.

Each £1 invested in fundraising generates £18 for objectives.



Lean charity operation: we own no assets and have no full-time staff.

www.ptsdresolution.org • For prompt help ring 0300 302 0551

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