

**PTSD Resolution**



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

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**Imagine being in the middle of the sea with a huge storm on the horizon. Waves begin to crash over you and you struggle to keep your head above water. Now imagine that storm going on for weeks - or even months. Years.**



**“It was like a light shone through the computer, lighting up my darkness.”**

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This is how Stephen, a Forces' Veteran, felt before approaching PTSD Resolution. “I was utterly exhausted and in despair,” he says, looking back on a year of lockdown. “I was unable to hide my depression and dark, destructive thoughts any longer.” Today, Simon is back on firm ground - and it's all thanks to your support.

**PLEASE  
DONATE**



For many men and women living with PTSD, the isolation and added pressures of the pandemic have made daily life unbearable. Your donations mean we are able to deliver our free, prompt and effective therapy online or by phone - so Veterans like Stephen can receive life-saving treatment in the security of their homes.



“At first I was wary about working online,” he says, “but my therapist very quickly helped me relax and it was very helpful being able to talk to someone during lockdown about private stuff.”

With your support Stephen has made significant progress, re-engaging with family and friends, walking, gardening - and looking to the future. “Before, I would hide and let the darkness engulf me,” he says. “Now I make a deliberate effort to be positive and I have energy to make plans. My therapist has given me the ability to hope.”

Asking for help is hard. As a Veteran of Bosnia, Afghanistan and Iraq conflicts, Stephen was no stranger to difficulty, but admits calling PTSD Resolution was the toughest call he has ever made. Thanks to you, even in a time of crisis, no Veteran, Reservist or family member is turned away.

“Discovering [PTSD Resolution](#), was like a light shone through the computer,” says Stephen, “lighting up my darkness.”



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

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

Thank you.

*\*This is a true account by a person who has received therapy by PTSD Resolution. Only the identity has been changed to protect client confidentiality. Please visit the website for more [testimonials](#).*





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