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This quarterly newsletter is to all those kind people who support us and want to keep in touch. We are now on our 3067th referral and continue to receive an average of seven new ones a week.

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### PTSD Resolution Impact Report



Please read our 10<sup>th</sup> Year Impact Report. You may find it useful to pass on to friends, especially those who are interested in supporting us with donations. You can access it using this [link](#).

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### Survey Results



You may be interested in the results of the first 500 responses to our current survey, which can be found [here](#). We take the view that drug or alcohol dependency is a form of self medication to cope with underlying mental health problems. We deal with the problems and the dependency is no longer needed. We accept referrals from those who maybe dependent on drugs or alcohol, provided they are not under the influence at the time of the appointment.

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We recently won a contract with the Gloucestershire NHS Trust to deliver 20 workshops on Trauma Awareness to their staff. We are keen to find more agencies who would like to enter into similar arrangements. Please let us know. The training is based on the book by Ros Townsend, 'PTSD: Understanding and Recovery', which is available on our [website](#).



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**theBigGive**

We will be joining in the Big Give exercise again in November, so if you do raise funds please consider holding them over until then so they can be doubled.

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**smile.amazon.co.uk**

Please consider making your Amazon purchases through [Amazon Smile](#), because you can choose PTSD Resolution as your donation recipient. **It is really very easy, and will help us keep going.**

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Thank you for your continuing support. Please look at our website [here](#) and our social media and promote and follow whenever you can.



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

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