



This quarterly newsletter is to all those kind people who support us and want to keep in touch. We are now on our 3210th referral and following the Afghan situation have seen a 150% increase of contact to our service.

Afghan Situation

Following the Afghan situation we have seen an increase in traffic to us. Based on our contact levels prior to the the situation we are now seeing an increase of over 150% to our service. In addition, PTSD Resolution is contributing to various national initiatives to understand the effect on Service personnel, Veterans, and their Families.

QVNMHS



PTSD Resolution is working toward Accredited Membership of the Quality Network for Veterans Mental Health. You can view further via this [link](#).

Testimonial

Please use this [link](#) to read a testimonial from one of our recent clients. This shows you the successful nature of what PTSD Resolution does.



Jonathan Thompson, Raid 21, Cycling Fundraising



One of our supporters, Jonathan Thompson, has cycled the Pyrenees to raise much needed funds for PTSD Resolution. His journey has taken him over 1135kms and to a height of 65,328feet, which is astounding. You can read about his journey [here](#), however, please think of any ways you can fundraise for PTSD Resolution.

theBigGive

The Big Give this year takes place from midday 30th November to midday 7th December. You will start to receive the run up notification from this Friday so please save any fundraising funds until then so that they can be doubled.

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](#).



Legacy Support



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](#).

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.

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