

How to Effectively Raise Funds for Veterans with PTSD

[Post Traumatic Stress Disorder](#) (PTSD) can be devastating for victims and their families. It produces high levels of anxiety that often lead to depression and anger, which then leads to job loss, violence, alcohol abuse, and even suicide. Our veterans, who have sacrificed so much, deserve the opportunity to once again experience a sense of normalcy in their lives. It is also important to remove the additional stress of financial burden by offering free counseling and treatment to help resolve their [PTSD mental health issues](#). If you would like to help veterans with PTSD, fundraising is the best way you can ensure the ongoing success of treatment programs that help PTSD sufferers and their families.

Essential Aspects to Organising a Fundraiser

- **State Your Goal and Purpose:** Be sure to tell everyone the specific goal amount that you wish to raise during the fundraiser and the ways in which the funds will be used. People are more willing to donate when they can clearly see how the money will be spent.
- **Set Individual Target Goals:** Divide the overall goal amount between individuals to assign a manageable target amount for each seller.
- **Advertise:** Use social media, local newspapers, bulletin boards, etc. to get the word out about your fundraiser.
- **Create a Convincing Sales Pitch:** Come up with a sales pitch that moves people to donate. Making it personal will motivate more donations. Something like Post Traumatic Stress Disorder (PTSD) can be distressing not only for the victims but for their families as well. The ex-servicemen and women from Armed Forces who suffer from this trauma often experience high levels of anxiety, and face depression and anger, which can then lead to job loss, relationship breakdown, violence, alcohol abuse, and even suicide. PTSD mental health issues are a burning concern and for which the charity PTSD Resolution delivers free, prompt, local and highly effective therapy for affected veterans, reservists and families. Taking trauma symptoms alone as a measurement, 78% of Veterans treated by PTSD Resolution had their symptoms reduced to below a clinically significant level. Contribute to this noble cause and do your bit by participating in our fundraiser programs for our unrecognised heroes. For more information you can contact us on 0300 302 0551 or visit our [website](#).
- **Decide on a Fundraiser:** Think about the time of year and the items people might be looking to purchase during that season. If you're fundraising during a holiday season, you might want to sell candy or gift items. During non-holiday times, you might be more successful selling discount cards, popcorn, raffle tickets, or portraits. Another option is to host one big event, like a dinner or a carnival. Many fundraising tips, ideas, and resources can be found [here](#).
- **Assign Responsible Parties:** Use the divide and conquer method to accomplish all fundraising tasks. Depending on the scope and complexity of your particular fundraiser, you might assign one person or a small committee for each duty. Tasks include record-keeping, advertising, money collection, and materials curation.

Fundraisers can be large and involve many people and much collaboration and effort over several months, or they can be small and involve a small group of people for a short amount of time. No matter the size and scope of the fundraiser, keep in mind that every little bit helps to make a positive difference in the lives of those affected by PTSD.

Guest post by Helen Cartwright