



Military Post-Traumatic Stress *can* be treated successfully

... ANGER ... FLASHBACKS ... NIGHTMARES ... DEPRESSION ... VIOLENCE ... ALCOHOL ABUSE ... FAMILY BREAKDOWN ...

PTSD Resolution offers outpatient therapy in a UK - Wide outreach programme:

- Local outreach programme through 200 therapists UK - Wide
- Highly successful outcomes: Full evidence available
- Brief therapy: an average of 5 sessions
- Supports family and work routines and relationships
- Prompt: therapy can usually begin within days
- Confidential: no clinical or service referrals required, no stigma
- 'Non-Intrusive' : no requirement to re-tell or re-live past traumas
- Free treatment: UK Registered charity (No. 1133188)

0300 302 0551

www.ptsdresolution.org



accredited register

PTSD Resolution



Counselling Forces' Veterans & Reservists
registered charity no. 1133188

