



A modern military charity dedicated to helping veterans, reservists and their families manage their mental health



**Free, Prompt, Local,
Brief and Effective**

About us – free, prompt, local, brief and effective

- Our charitable mission: treatment, training, research
- Confidential, private, non-intrusive
- Responsive and efficient
- UK-wide network of 200 Human Givens therapists
- We contribute to Governmental debate, policies and initiatives

Why we are needed

Why we are needed

- Over 3,500 men, women and children treated by us in 14 years
- Kings College University research predicts an increase in PTSD
- Sadly 285 military personnel took their own lives from 2002-2021 (MOD report 31 March 2022).
- PTSD is not going away – our work is vital



How we help – therapy through training

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- Military delivers survival training
- Human Givens Therapy delivers mental health training
- No re-living or re-telling of the trauma
- Therapy takes an average of six, one hour sessions

Human Givens Therapy

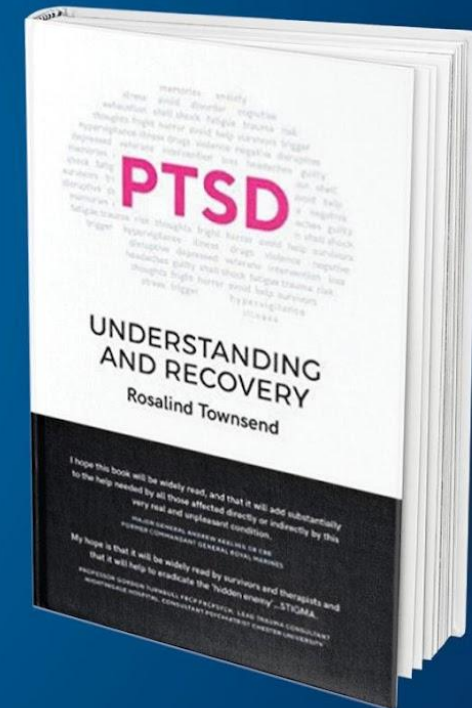
Human Givens Therapy is

- Modern, using latest research
- Consistent with NICE guidelines
- Delivered exclusively by 200 therapists UK- wide exclusively registered with the Human Givens Institute, accredited by the Professional Standards Authority
- Clinically measured improvement of conditions

How you can help us

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- **Pathfinder:** help signpost through your social media & local contacts
- **Sign up:** to newsletter
- **Donate:** donations used responsibly, on therapy - no salaried staff, buildings
- **Fundraise:** at home, at work or form a fundraising group
- **Buy:** the latest book on PTSD - £10 from Amazon



Summary

Contact Details

Contact details

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