

PTSD RESOLUTION - KEY FACTS

"Help us to help Veterans, Reservists and Families recover their mental health"

Registered Charity No. 1202649

PROVEN IMPACT

1. **4,500 veterans, reservists and families** have been treated since 2009, with **82% completing their treatment programme** - significantly higher than other services
2. **79% achieve reliable improvement** in their symptoms, with **66% recovering from PTSD** completely, in an average of **7 sessions**
3. Treatment costs just **£940 per veteran** - a fraction of other providers - delivered through our network of **200 accredited therapists** across the UK

OUR UNIQUE APPROACH

4. **Free, prompt and confidential** - No GP referral needed, first appointment within **12 days**, removing barriers and reducing stigma
5. **Human Givens Therapy** - Veterans don't need to relive traumatic experiences. Treatment uses guided imagery and relaxation techniques, making it less distressing than traditional therapies
6. **No one left behind** - We're one of the only major charities treating veterans with addiction issues and those in prison, plus family members affected by military trauma

LEAN & EFFECTIVE

7. **92% of donations go directly to charitable objectives** - We have no salaried staff, offices or assets. Every £1 in fundraising generates £18 for veterans' treatment
8. **Quality assured** - Accredited by the Royal College of Psychiatrists' Quality Network for Veterans Mental Health Services (QNVNHS)

LEADERSHIP & VISION

President: The Rt Hon Lord Arbuthnot

Chairman: Colonel Tony Gauvain (Retired)

CEO: Charles Highett

"Executive burnout and military trauma are not dissimilar in their symptoms: depression, anger and insomnia. Basically, it's about feeling overwhelmed and unable to cope, exacerbated by bad memories." - Colonel Tony Gauvain

Your support makes a difference: £940 funds a complete treatment course

For further information or to arrange therapy:

Tel: 0300 302 0551

Email: contact@ptsdresolution.org

Web: www.ptsdresolution.org

PTSD Resolution fills a critical gap in national mental health provision, providing evidence-based therapy where other services cannot reach.