

For Veterans in Custody

A Completely FREE & Confidential Therapy Service

Does this sound like you?

- Wake up at night with night terrors?
- Keep reliving traumatic events?
- Feel hyper-vigilant or 'wired'?
- Frequently feel irritable or angry & lose it?
- Use alcohol or drugs to forget?

→ *These are symptoms of
Trauma and Stress*



PTSD Resolution therapy is here for you

Recovery starts with one step.

Many people begin to feel relief from the first session.
Each journey is personal, and we tailor the therapy to your pace.

Speak to your VICSO or your Chaplain for more information



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www.ptsdresolution.org