

PTSD RESOLUTION - KEY FACTS

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

Proven Impact

- 5000 veterans, reservists and families have been treated since 2009, with 82% completing their treatment programme, significantly higher than other services
- 79% achieve reliable improvement in their symptoms, while 66% recover completely from PTSD, with treatment completed in an average of just 7 sessions.
- Treatment costs an average of only £910 per client, a fraction of the cost of many other providers, delivered through our nationwide network of 200 accredited therapists across the UK and online globally.

Our Unique Approach

- **Free, prompt and confidential support**
No GP referral is required, and first appointments are typically available within 12 days, helping to remove barriers to treatment and reduce stigma.
- **Human Givens Therapy**
Veterans are not required to relive traumatic experiences. Treatment uses guided imagery and relaxation techniques, making it less distressing than many traditional therapies.
- **No one left behind**
We are one of the few major charities supporting veterans with addiction issues, those in prison, those living overseas and family members affected by military trauma.

Lean and Effective

- 92% of donations go directly to charitable objectives. We have no salaried staff, offices or assets. Every £1 in fundraising generates £18 towards veterans' treatment
- Quality assured
PTSD Resolution is accredited by the Royal College of Psychiatrists' Quality Network for Veterans Mental Health Services (QNVMS) and by the Veterans Covenant Healthcare Alliance as NHS Veteran Aware.

Leadership and Vision

President: The Rt Hon The Lord Stirrup
Chairman: Colonel Tony Gauvain (Retired)
CEO: Charles Highett

Your support makes a difference:

£910 funds a complete course of therapy for one veteran or family member

Contact Us

Telephone: 0300 302 0551
Email: contact@ptsdresolution.org
Website: www.ptsdresolution.org

PTSD Resolution fills a critical gap in national mental health provision by delivering evidence-based therapy to veterans and families who may otherwise struggle to access support.



WAYS TO DONATE

Donate Online

Donate securely online or via your mobile device: <https://ptsdresolution.org/donate>

Please include either your company/business name or personal name as a reference so we can acknowledge your donation and thank you properly.

Donate by Text

Text: RESOLUTION [amount] to 70085

Donate by Post

Please make cheques payable to “**PTSD Resolution**” and send to:

PTSD Resolution
c/o Chantry House
22 Upperton Road
Eastbourne
East Sussex
BN21 1BF

Gift Aid

If you are a UK taxpayer, please complete a Gift Aid declaration so we can reclaim an additional **25%** on your donation at no extra cost to you.

Download the Gift Aid form here: [Gift Aid Form and Donation Information](#)

Standing Order or Bank Transfer (BACS Payment)

Account:	PTSD Resolution CIO
Sort Code:	16-19-26
Account Number:	20256729
BIC:	RBOSGB2L
IBAN:	GB78RBOS16192620256729

Finally, Duty Calls

By remembering **PTSD Resolution (Charity No. 1202649)** in your Will, you can help secure vital mental health support for future generations of Military Veterans and Reservists.

- **£910** can provide a life-changing course of therapy for a veteran or family member.
- **£9100** can support ten veterans through treatment.

Their service was a duty to the nation. Supporting their recovery can be part of our legacy to them.

