

CASE STUDY

A military family, who struggled with the aftermath of the father's trauma, said:

"We had the first family therapy session which focused on our healing rather than the details of Dad's trauma - our therapist helped us without needing to know the specific events. After the sessions, the changes were remarkable: Dad's nightmares ceased, the whole family became calmer, and we haven't experienced the household tensions that used to trigger everyone."

"The children are sleeping better, I've stopped my anxiety medication, and we're reconnected as a family. Dad can now hold down his job, and we're functioning as a unit again."

"Growing evidence shows that secondary trauma impacts entire households. As a charity, we believe that anyone traumatised in service, along with their family members, must have immediate access to effective therapy."

This treatment should be provided close to home, in a calm and pleasant environment, and should be free and prompt. Our FAITH programme shows that with proper family support, recovery rates have increased to over 66% and a 79% reliable improvement rate (combined anxiety and depression) and 74% reliable improvement rate for PTSD specifically (PCL-5), transforming thousands of lives across the UK."

Colonel Tony Gauvain (Retired), FHGI.
Chairman and Co-Founder of PTSD Resolution

Each treatment costs the charity £910 on average. Please donate often and as much as you can - see over...

HOW YOU CAN HELP

Your donation will help meet the cost of treatment for Veterans, reservists & family members. A course costs the charity an average of £910, with a 66% recovery rate.

DONATE ON-LINE

You can make donations quickly and securely through our website:

www.ptsdresolution.org/donate

Every pound you donate helps families heal together.

OR DONATE BY MAIL

Please make your cheque payable to:
"PTSD Resolution" and send it to:

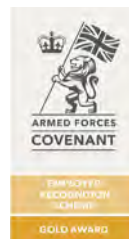
PTSD Resolution CIO,
c/o Chantry House, 22 Upperton Road
Eastbourne, East Sussex, BN21 1BF

Tel: 0300 302 0551
contact@ptsdresolution.org

TEXT TO DONATE

Text: RESOLUTION (amount)
to 70085

For prompt help ring 0300 302 0551
www.ptsdresolution.org



VETERANS & FAMILIES MENTAL HEALTH

Family **A**ssistance & **I**ntervention for **T**rauma **H**ealing



Healing military trauma together,
through family- focused care.

Call 0300 302 0551

For effective, prompt and local treatment

You can now donate using the scan
code with your mobile device



PTSD Resolution is a charity assisting servicemen and women and family members, over the age of 12 years, with mental health issues following service in the UK armed forces.

- The charity works with both Veterans and families through FAITH (Family Assistance & Intervention for Trauma Healing), without requiring third-party referral or diagnosis, including those in prisons and with alcohol/drug problems.
- Recent data shows 17% of clients are family members (65% spouses/partners, 32% children, 3% parents/siblings) - we support the entire family unit affected by trauma.
- Through FAITH, 66% of the Veterans and family members who engage in therapy see their condition reliably improved, even with long-standing trauma.
- The charity is not a mental health crisis service - those at immediate risk to life should contact The Samaritans on 116 123, their GP, mental health crisis team, or emergency services.
- Ongoing research demonstrates FAITH's effectiveness, showing a 66% reliable improvement for families receiving Human Givens Therapy (HGT).
- TATE – Trauma Awareness Training and Education – helps organisations understand the impact of trauma and is recommended for both line managers and HR staff.

FAITH is delivered through PTSD Resolution's network, accredited by the Royal College of Psychiatrists Quality Network for Veterans Mental Health Services.

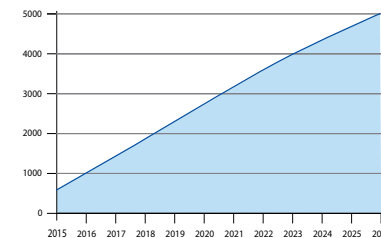
PTSD Resolution delivers personalised treatment through Human Givens therapists, offering individual and, where appropriate, family sessions. We refer exclusively to therapists registered with the Human Givens Institute, which is accredited by the Professional Standards Authority.

WHAT WE DO

- Post-traumatic stress disorder (PTSD) may affect entire family units, not just the Veteran.
- A Veteran's symptoms impact household stability through flashbacks, nightmares, anger, and depression, leading to family tension and breakdown.
- FAITH provides free, prompt mental health treatment to Veterans, Reservists and family members, over the age of 12 years, through 200 Human Givens qualified therapists, available online or locally.
- Treatment averages seven sessions, focusing on recovery and reintegration into normal life without creating dependency.
- Our approach breaks the cycle of family trauma, enabling households to heal together in a calm, supported environment.
- Therapy is conducted humanely, respecting family privacy without requiring detailed trauma discussions. No diagnosis or referral is needed.

KEY STATISTICS

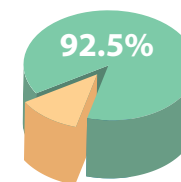
- Over 5,000 Veterans and families supported
- 66% reliable improvement for family members
- Choice of online or in-person therapy



Time from registration to first appointment.



A UK network of 200 PTSD Resolution Accredited Therapists.



Charity spending that directly supports charitable objectives: 92.5%.

Each £1 invested in fundraising generates £18 for objectives.



Lean charity operation.

www.ptsdresolution.org • For prompt help ring 0300 302 0551

Effective treatment for Military Post-Traumatic Stress through family-focused care. Registered charity no. 1202649