

[Subscribe](#)

[Past Issues](#)

[Translate](#)

[View this email in your browser](#)



Mental health help & support for UK armed forces veterans, families. Free, prompt, local, through 200 therapists in the UK.

Your August 2026 Newsletter



[Subscribe](#)[Past Issues](#)[Translate](#)

Dear Friend,

A Veteran's Journey: From Drumchapel to Afghanistan - and Back From the Brink

For years, Jordan drank to survive the nights.

After serving in Afghanistan, he found himself struggling with memories and feelings he couldn't escape. From the outside, he carried on. Inside, things were becoming harder to manage.

At 33, he reached a crisis point.

"I knew I couldn't keep going the way I was."

When he contacted PTSD Resolution, Jordan was paired with a therapist who understood Veterans: *"She made me feel comfortable from day one, listened without judging and gave me the tools to understand and deal with my mental health."*

"For the first time in a long time I felt like someone truly understood what I was going through."

Jordan still has difficult days, but he no longer tries to bury what he feels. He has learned healthier ways to cope - and feels hopeful about what comes next.

"Don't wait as long as I did," he says. "Asking for help isn't a weakness - it takes courage."

[Read Jordan's Full Story Here](#)

[Subscribe](#)[Past Issues](#)[Translate](#)

PTSD Resolution has helped more than 5,000 UK Veterans, Reservists and family members to move forward after trauma. Treatment is free, with no waiting list and no referral needed. On average, therapy takes seven sessions, and 82% of clients complete their treatment programme.

But we receive no government funding. The average cost of providing a course of therapy is £910 - and every session depends on the generosity of our supporters.

Jordan found the courage to ask for help. **Your donation helps ensure that, when another Veteran is ready to reach out, help is there.**

Please Donate Now!

Whether you've contributed to a fundraising campaign, made a one-off donation, signed up to our newsletter - or supported us in another way - we're deeply grateful.

This is a true account by a person who has received therapy by PTSD Resolution. Please visit the [website](#) for more testimonials.

Contact us



www.ptsdresolution.org



0300 302 0551

Copyright (C) 2026 PTSD Resolution CIO. All rights reserved.

PTSD Resolution CIO is a Registered Charity no.1202649

Our mailing address is:

PTSD Resolution CIO
22 Upperton Road
Eastbourne
East Sussex
BN21 1BF

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe](#)