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

Your JULY 2026 Newsletter

Dear Friend,

PTSD Resolution Reaches 5,000th Referral Milestone in Treating Armed Forces Veterans and Family Members

"How can you put a price on a family reunited?" That is how one **Armed Forces veteran** described what recovery from trauma had given him back. PTSD Resolution, the charity providing free mental health treatment for Armed Forces veterans, reservists and their families, has treated its 5,000th client since it was founded in 2009.

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trauma. Every recovery means a veteran finding hope again, rebuilding relationships they thought were lost, and reclaiming a future they had stopped believing was possible."

Charles Highett, CEO of PTSD Resolution, continued: *"Those benefits do not stop with the individual. They ripple out to partners, children and whole communities. We estimate that more than 15,000 lives have been positively affected by the work of PTSD Resolution."*

[Read The Full Story Here](#)

GREENWICH HOSPITAL

SUPPORTING THE ROYAL NAVY SINCE 1694



**Greenwich Hospital Awards Grant to PTSD Resolution
to Treat Royal Navy and Royal Marines Veterans**

Greenwich Hospital Awards Grant to PTSD Resolution to Treat Royal Navy and Royal Marines Veterans

PTSD Resolution, a leading veterans' mental health charity, has been awarded a grant of almost £20,000 from Greenwich Hospital to fund a year of mental health treatment for 22 Royal Navy and Royal Marines veterans, reservists and their families. The programme covers the complete clinical pathway from registration through to a 12-month follow-up assessment.

PTSD Resolution provides free, prompt and confidential mental health treatment for Armed Forces veterans, reservists and their families. Therapy is delivered one-to-one through a UK network of 200 Human Givens therapists, in person and online. The charity was founded in 2009 and is accredited by the Royal College of Psychiatrists to the Quality Network for Veterans Mental Health Services (QNVMHS).

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She did it! Our Ambassador and fundraising superstar Tanya Hodges has completed her 100 mile walk/run from Northumberland to Edinburgh!

After setting off from Bamburgh Castle at 7am on Saturday 4th July, Tanya arrived at Edinburgh Castle at 1.50am on Monday 6th July. That's 100 miles, 43 hours, straight-through, no sleep, minimal rest stops – and all for our Veterans, Reservists and families.

"Do you know what's really lovely? Pretty much through this whole event I've seen so many poppies and it just reminds me of why I'm doing it, who I'm doing it for – and why it's so important to help these people. It's really given me some strength at a time when I don't feel strong at all..."

Tanya Hodges has climbed Kilimanjaro, trekked to Everest Base Camp and completed multiple 100-kilometre ultra-distance events. In the process, she has raised over £10,000 for PTSD Resolution and become one of the charity's most dedicated ambassadors. Yet when she is asked what drives her, she doesn't talk about personal bests or bucket lists. She talks about Veterans.

"I always think back to the Veterans and the struggles that they have, and the pain that they might be in," she says. "What I'm going through is a tiny period of time. I'll finish, and then that will be it. But I always try and bring myself back to why I'm actually doing it, and ultimately, it is for them."

[Read Tanya's Story..](#)

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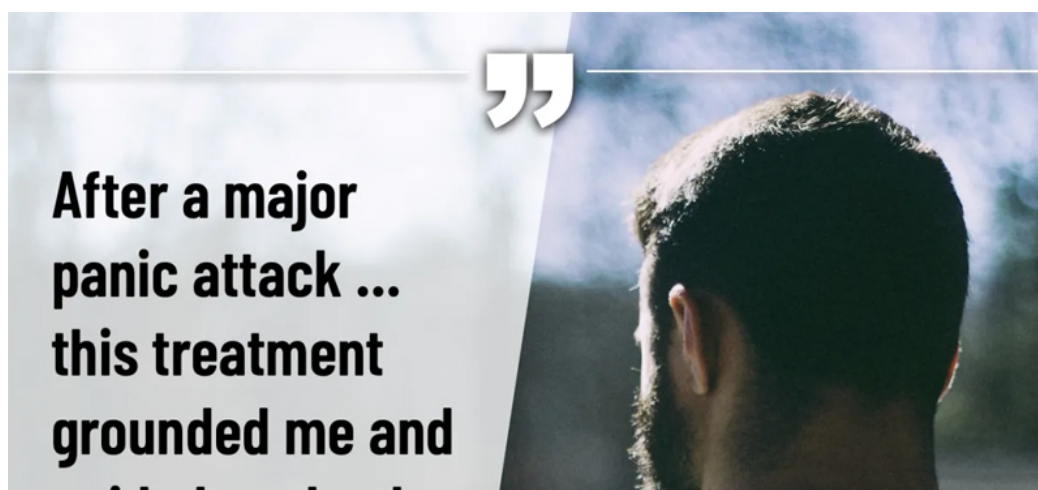
PTSD Resolution Selected For AFC Fund Trust
Programme For Veterans' Mental Health

PTSD Resolution Selected For AFC Fund Trust Programme For Veterans' Mental Health

Veterans' mental health charity PTSD Resolution has been awarded £30,000 through the Armed Forces Covenant Fund Trust's RISE programme, a pilot initiative supporting Armed Forces charities to build stronger and more sustainable organisations.

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[Read The Story Here](#)



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PTSD Resolution has now helped 5,000 Veterans, Reservists and their families - many of whom had already been failed by standard NHS routes.

Our results speak for themselves: 82% of clients complete their full treatment programme, compared to just 50% under the NHS.

Treatment takes an average of seven sessions. There is no waiting list. No referral needed. We receive no government funding.

Every single session we deliver is made possible by donors like you.

[Please Donate Now!](#)[Contact us](#)

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