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PTSD Resolution



Counselling Forces' Veterans & Reservists
registered charity no. 1202649

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

Your JUNE 2026 Newsletter



Dear Friend,

The Final Lap

There are fundraisers, and then there is Jonathan Thomson. A former Royal Marine, now 81, Jonathan has spent the better part of six years pedalling extraordinary distances in support of PTSD Resolution, the UK charity providing free mental health therapy to Veterans, Reservists and their families.

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£170,000, enough to fund therapy for almost 200 Veterans and their families.

On Sunday 26th April, on the shores of Loch Ness, Jonathan set off one last time.

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



How a PTSD Resolution Therapist Is Building Community One Breakfast at a Time

There is something quietly powerful about a bacon sandwich and a cup of tea. It is not complicated. It doesn't require a referral, a waiting list, or a lengthy intake form. It just requires showing up—and for many Veterans and blue light workers, that first step is the hardest one of all.

Ben Keenan understands this better than most. As one of PTSD Resolution's most experienced therapists in the Milton Keynes area, Ben has spent years working alongside Veterans, police officers, firefighters and paramedics—people who have seen things most of us never will, and who often struggle to talk about what those experiences have left behind. Over time, a pattern emerged in his work as he realised asking people to go over and over traumatic and painful memories was not helping. What was helping was getting his clients' innate needs met in a balanced and healthy way.

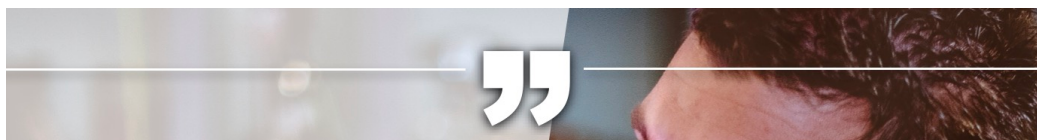
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One Hundred Miles For The People Who Gave Everything

PTSD Resolution Ambassador Tanya Hodges is about to attempt the greatest challenge of her fundraising career: 100 miles, two countries and 48 hours on her feet. She tells us why she keeps pushing further.

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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**I am delighted
with my therapist ...
for trying to bring
resolution to a
pretty miserable
existence.**

SF. UK VETERAN



PTSD
— AWARENESS MONTH —

June is **PTSD Awareness Month**, dedicated to raising understanding of Post Traumatic Stress Disorder (PTSD) and Complex-PTSD, reducing stigma - and connecting those affected by trauma with essential treatment. This June we're encouraging anyone struggling with trauma symptoms (or any mental distress) to contact PTSD Resolution. Our FREE, prompt and effective therapy is available to UK Veterans, Reservists and their families. No waiting list. No referral required. **Call us. We can help.**



www.ptsdresolution.org



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GOLD AWARD 2025

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