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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 MAY 2026 Newsletter



Dear friend,
Major Wayne Owers led bomb disposal teams in Afghanistan. He earned honours. He gave 27 years.

PTSD took it all away.

Nightmares shattered his sleep. Flashbacks ambushed ordinary days. Medication left him numb - "*like a zombie*," he says. Everything was strained to breaking point. The family life he'd fought to protect felt painfully out of reach. After his medical discharge

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Then Wayne found PTSD Resolution.

In just **six sessions**, the nightmares receded. His anxiety lifted. And — for the first time in years - he sat beside his daughter at a concert and felt something he thought was gone forever: **happiness**.

"For the first time in years I feel happy and contented, like a huge weight has been lifted." - Major Wayne Owers (Retired)

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

Wayne went from despair to hope in **six sessions**. That is the PTSD Resolution difference: no waiting lists, no referrals, no delays - just fast, expert, free therapy for those who have given everything in service to our country.

There are Veterans in crisis **right now** who need what Wayne found. Your donation today could be what gets them there.

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