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PTSD Resolution

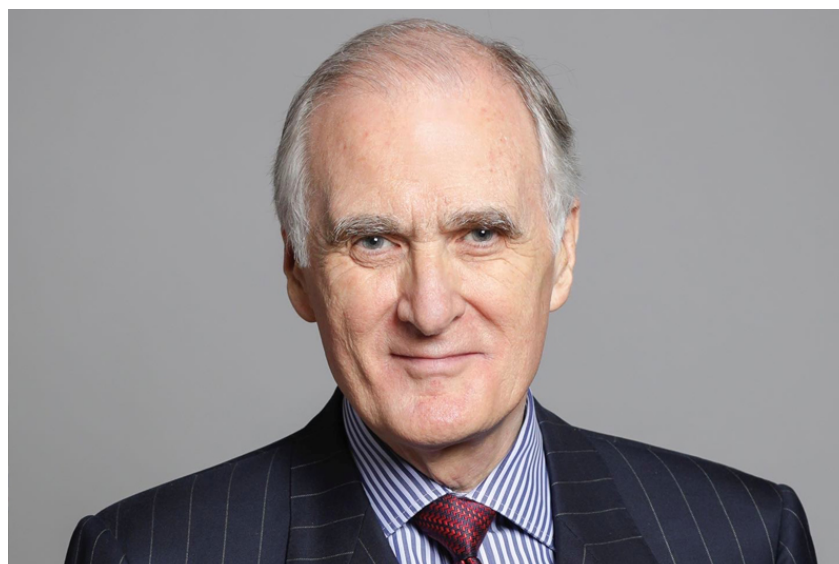


Counselling Forces' Veterans & Reservists
registered charity no. 1202649

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

Your April 2026 Newsletter

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Marshal of the Royal Air Force Lord Stirrup

PTSD Resolution CIO has announced that Marshal of the Royal Air Force **The Right Honourable The Lord Stirrup KG GCB AFC** has accepted the position of President of the charity. The Right Honourable Lord Arbuthnot of Edrom PC moves to the role of Vice-President. Lord Stirrup says:

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pay tribute to his outstanding work in support of such an important charity. Our Service personnel perform their difficult and dangerous tasks with courage, determination and skill, but the cost to them does not end when they leave the military. Many veterans grapple with mental health issues long afterwards, and we owe them all the help which is in our power to give. As a society, we can do no less for those who have given so much on our behalf.”

Ready Story Here



"From my walking through the door at VOS (Veterans Outreach Support) to beginning my first therapy session with PTSD Resolution - it was only two weeks. Amazing.

"My life (and my wife's) is now back on track. Grounding techniques re-learned, self help processes in place and used, sleep is good and anger 'put back in its box.'

[Read Nigel's Story](#)



"Living with PTSD can be an isolating, relentless fight “

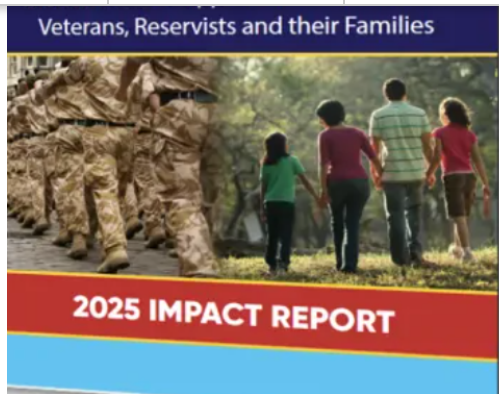
Shirley's story offers a powerful message of hope.

Struggling with the impact of military trauma, Shirley's life was once dominated by the symptoms of PTSD—until she found a lifeline in PTSD Resolution.

[Read Shirley's Story](#)



PTSD Resolution treats record 592 veterans in 2025 as demand surges 29%

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therapy appointment within 12 days.
And it's completely free.

PTSD Resolution treated a record 592 armed forces veterans, reservists and family members in 2025, the charity has announced in its annual Impact Report, showing demand for its free mental health service up 29% on the previous year.

[Read the Impact Report](#)



PTSD Resolution (Charity No. 1202649), has been awarded renewed accreditation by the Royal College of Psychiatrists' Quality Network for Veterans Mental Health Services (QNVMS).

The award, formally confirmed on 19 February 2026 for three years, represents the most rigorous quality standard in the UK veterans' mental health sector. PTSD Resolution has been involved with the network since its inception in 2020 and was among the first to achieve full accreditation.

[Find out more](#)

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Fundraising Events Ideas

If you are planning to fundraise for us, we thank you very much for your support.

Here are some details you may need to know before you decide on your Event, Marathon or fundraising idea.

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Volunteering

We are looking for more volunteers throughout the UK – so if you really want to help then please think about joining the Volunteer Team.

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Our mailing address is:

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

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