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David* was sitting in the dark, camera off, unable to speak.



It was December 2024. He'd served his country for nine years before being dishonourably discharged in 1996 - for being gay. For 30 years, he'd carried the trauma. By that December evening, he'd attempted suicide three times. He was experiencing psychosis.

Then a message appeared in the chat box.

Ashley Lamb, one of our counsellors, saw someone was in distress. She reached out directly to David that night. Within 24 hours, his therapy had begun.

Two weeks later, David stood in Parliament, speaking to the Veterans Minister on behalf of hundreds of LGBT veterans. Days earlier, he'd believed he couldn't do it.

Today, David is no longer suffering from psychosis. He describes his life as stable, happy, motivated. "I'm stronger than I was before," he says.

[Read David's full story here](#)

This is what your support makes possible

For £940, we provide a complete course of therapy to a Veteran in crisis. No waiting list. No referral needed. Just direct access to help.

Effective mental health treatment for armed forces' veterans, reservists and family members. Free, prompt, confidential, delivered locally one-to-one and over the internet.

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We receive no government funding. Every session depends on donations like yours.

Right now, there's another Veteran sitting in the dark. Another life that can be saved. Will you help us be there?

£50 - Initial contact and triage assessment

£140 - A full therapy session for a Veteran

£940 – A complete programme to change a Veteran's life

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. Only the identity has been changed to protect client confidentiality. Please visit the [website](#) for more testimonials.*

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PTSD Resolution

Counselling Forces' Veterans & Reservists
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