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

Your November 2026 Newsletter



Dear Friend,

This November, as we prepare for our **Big Give Christmas campaign**, we remember those who gave their lives in service of our country, those who came home with physical injuries, and those whose wounds cannot be seen.

For many veterans, the effects of service do not end when they return home. This Remembrance, please help us turn that recognition into practical support.

made through the Big Give will be matched pound for pound while match funding lasts.

We aim to fund treatment for 50 more veterans, reservists and family members. That needs £22,750 in public donations, which becomes £45,500 with matched funding: enough for 50 complete courses of therapy at our average cost.

During Big Give week, your donation can make twice the difference:

Find Out More and Get Ready to Donate

Malcolm's story (below) shows that the consequences of service can last for years, but that effective treatment can help people find a way forward.

For years after leaving the Army, Malcolm barely left his home.

A veteran of 24 years' service, including tours in Northern Ireland and the Falklands, he lived with overwhelming anxiety rooted in traumatic experiences during his military career. His sleep was poor. Work had disappeared. Relationships had broken down. At his lowest point, the fear was so severe he couldn't even drive.

"When I found PTSD Resolution, I had to have online therapy because at that point I couldn't leave the house."

With the support of his therapist, Malcolm began to understand the nature of trauma - and learned practical ways to manage it. Gradually, he started driving again, found work, built a relationship and reduced his reliance on cannabis.

Today, Malcolm has something he once thought impossible: confidence that he can cope.

"It's not that my therapist sorted my life. He showed me how to cope when things go wrong. Cos they do."

Read More…





If you are a former member of the UK armed services, a reservist or a family member, and you suffer from post-traumatic stress, trauma or other mental health symptoms, such as depression, flashbacks and nightmares, then please contact us now.

Need Help? Click Here…

Contact us

www.ptsdresolution.org

0300 302 0551

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