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

Your October 2026 Newsletter

Dear Friend,

This December, every donation to PTSD Resolution can be doubled.

During Big Give Week (Tues 1st December to Tues 8th December) a funding partner matches every pound you give - so £455 becomes a full £910 treatment course, the cost of helping one more Veteran.

There is a simple way to make your support go even further.

If you are thinking of holding a fundraising event, now is the time to plan it!

Run it over the autumn, hold on to what you raise, then donate the proceeds during Big Give Week so they are matched too.

Charles Highett, CEO of PTSD Resolution, said: *"We have just treated our 5,000th client. With match funding, your effort this Christmas counts twice as much."*

Start planning on our **Big Give Christmas Challenge page**:

When the week opens, giving will take just two minutes - by card, Apple Pay, Google Pay or straight from your banking app.

5,000 Veterans Treated. Help Us Reach the Next Five!

Big Give Christmas Challenge





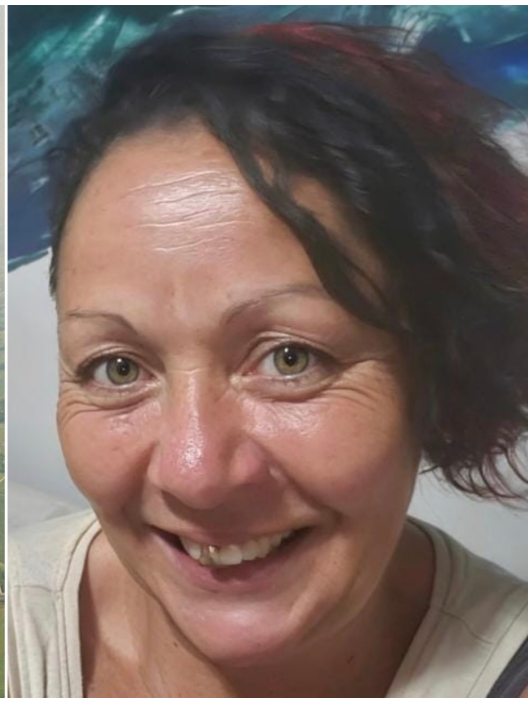
PTSD Resolution Wins National Healthcare & Rehabilitation Award

PTSD Resolution has won the Healthcare & Rehabilitation Award at the **Armed Forces Community Awards at Soldiering On 2026**, in recognition of how it has transformed mental health treatment for veterans, reservists and their families.

PTSD Resolution's award submission centered on its Four Pillars strategy: **Accessibility, Acceptability, Effectiveness and Economic Efficiency.**
Built from 16 years of experience treating veterans, the strategy puts the client at the centre and turns that experience into a structured, measurable way of delivering care.

Read More …





Phillipene Hayle-France to Jump From 15,000 ft

families who struggle to find the support they need.

In what she describes as her last major fundraising challenge after three decades of charity work, Phillipene will jump from 15,000 ft above Preston on Thursday 15th October. She is raising money for PTSD Resolution, the charity providing free therapy to Veterans, Reservists and their families.

Phillipene's connection to the cause is personal. She has lived with PTSD since the age of four, the result of trauma that continued for decades:

"I have had PTSD since I was four years old - from ongoing trauma until I was 37," she says. "I was finally diagnosed with PTSD when I was in my 40s. This is why I'm taking on the highest parachute jump in England this October. Yes, it is 15,000 ft! "Let's help the people who are forgotten about."

Read More …



A.W. UK Veteran

more positive - and also helped me to respond differently to what life can throw at me. This has been brilliant."

This is a true account by a person who has received therapy by PTSD Resolution. Please visit the website for more testimonials.

Read More …



This is what your support makes possible

For £910, 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.
We've supported over **5,000 Veterans** since 2009. Our completion rate is 82% - compared to 50% for NHS services.
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
£910 – A complete programme to change a Veteran's life

Please Donate Now

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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