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

Your September 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!

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



The Chatbot Doesn't Know You: Why Veterans Deserve Real Human Therapy

A recent investigation in the Mail on Sunday opened with a story that will feel familiar to a lot of people. A woman going through a difficult divorce spent an entire weekend away with friends glued to her phone, tapping out messages late into the night.
It turned out she had not been messaging a new partner. She had been confiding in an AI chatbot, one she had come to rely on for comfort and advice, and one she was reluctant to hear any criticism of.

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At 90, Trevor Jones jumped from 10,000ft to help fellow veterans.

High winds postponed his tandem skydive from his birthday weekend in June, but he returned a month later to complete the jump—his second for PTSD Resolution, the charity that provides free trauma therapy to veterans, reservists and their families.

A Veteran's Mission

Trevor served in the Regular Army with the Green Howards in the 1950s, with postings in Germany and Hong Kong. As an Army Veteran himself, he feels there is a need for this support in the present day.

His first skydive for PTSD Resolution, in 2020, raised £766 in the middle of the pandemic, when he was 84.

This second jump was never really about him—it was about supporting a charity that helps former members of the UK Armed Forces, Reservists and their families who are living with the effects of trauma, PTSD, anxiety, depression and related mental health challenges.

If his skydive helped raise awareness as well as funds for such an important cause, then every moment was worthwhile.

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A.W. UK Veteran

“The sessions have been a godsend.
“To have someone to talk to, and someone who listens, and who has helped me to be 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 £940, we provide a complete course of therapy to a Veteran in crisis. No waiting list. No referral needed. Just direct access to help.

internet.
We've supported almost 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
£940 – A complete programme to change a Veteran's life

Please Donate Now

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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