New Trauma Support Programme for Families of Armed Forces Veterans

Tuesday 3 December, 2024

Military Veterans mental health charity PTSD Resolution has announced the launch of FAITH (Family Assistance & Intervention for Trauma Healing), a pioneering programme supporting families affected by living with a traumatised armed forces Veteran. The initiative responds to growing evidence that trauma can impact relatives and entire households of sufferers.

PTSD Resolution delivers free, prompt access to trauma therapy for Veterans, and now their family members too, through a nationwide network of 200 qualified Human Givens therapists, requiring no GP referral or diagnosis. The programme launches following a successful pilot showing significant improvements in family members' mental health outcomes, with proven recovery rates of 68% among family members receiving therapy from the charity.

Recent data reveals that 17% of PTSD Resolution's clients are related to Veterans, with partners comprising 65% of these referrals and children 32%. The remaining 3% includes parents and siblings affected by living with trauma-affected Veterans.

Colonel Tony Gauvain (retired) Chairman and founder of PTSD Resolution, explains: *"FAITH represents a significant evolution in military mental health support. When a Veteran struggles with trauma, the entire family may be bearing that burden. Our data shows that with proper support, families can heal together. With our growing understanding of the issues, 68% of clients see a reliable improvement after therapy. This programme offers hope to thousands of families across the UK."*

The programme's success stems from the charity's comprehensive approach, delivering:

- Personalised treatment plans
- Average of seven therapy sessions per family member
- Individual and joint family sessions according to need
- Continuous progress monitoring using clinical assessment tools
- Choice of in-person or online therapy
- Immediate access without waiting lists

Dr. Ben Grall, Specialty Doctor and member of Change Grow Live's Veterans Task Force, comments:

"FAITH addresses a critical gap in Veteran support services. The programme's focus on the whole family unit, combined with its impressive recovery rates, makes it a vital resource for military families struggling with the impact of trauma. The ability to access treatment without lengthy referral processes is particularly significant."

PTSD Resolution's latest data demonstrates the programme's effectiveness, with 68% of clients seeing a reliable improvement after therapy.

The FAITH programme builds on PTSD Resolution's established record in Veterans' mental health support, maintaining their commitment to prompt, effective treatment. The charity, accredited by the Royal College of Psychiatrists' Quality Network for Veterans Mental Health Services, continues to offer free support to Veterans, reservists, and their families.

Donations to the charity can be doubled by a sponsor during Big Give week, December 3rd to 10th 2024.

Families seeking support can access FAITH services immediately by:

- Calling 0300 302 0551
- Visiting www.ptsdresolution.org

Notes to Editors:

PTSD Resolution is a UK charity providing mental health therapy for Forces' Veterans, Reservists and their families. The charity has helped over 4,500 people to date, with an average treatment cost of £940 per person. All treatment is delivered free of charge to beneficiaries.

Media:

PTSD Resolution
Counselling Forces' Veterans & Reservists
registered charity no. 1202649

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The charity operates with no salaried staff or assets, ensuring 93% of donations directly support treatment delivery. PTSD Resolution is accredited by the Royal College of Psychiatrists and works exclusively with qualified Human Givens therapists.

Ends

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