

Did you know?

Many Veterans struggle with the transition from military to civilian life.

PTSD takes up to 14 years to manifest itself, these Veterans then come under NHS or charity sector care, not military.

The NHS currently offers CBT and / or EMDR therapy.

Some figures show this is only successful in 34% of cases. So what other options do these Veterans have?



Veterans at Ease has an **85%** success rate in treating PTSD because:

- ◇ We are **Veterans supporting Veterans** (we have walked in their shoes, including having experienced **PTSD**)
- ◇ With NLP it is **not necessary to relive** the trauma
- ◇ The service is **one-to-one**, bespoke and not time-limited
- ◇ We operate at a very high **clinically-controlled standard**
- ◇ We offer **additional Life Coaching** after trauma treatment if required
- ◇ We are a **very cost effective** service.

How Can You Help?

Ways to Give ...

We appreciate all donations of whatever size, so please consider supporting us.
Thank you.

Donate to one of our charity Shops

Call **0191 249 9944 Opt—1** for further details

Online Donations

Available through Wonderful online payment platform.

Regular Standing Order / Direct Debit

Remember to gift aid your donation if you can.

Payroll Giving

This is a very tax-effective way of giving.

Pennies From Heaven

Allows employees to round down their salaries to the nearest £.

Volunteering / Putting on an Event

Consider becoming a volunteer or hosting an event to support our Veterans.

Leaving a Legacy

Please contact us for our Legacy Information Leaflet.

If you would like to support us, or you or someone you know, could benefit from our

0191 249 9944 option 2

info@veteransatease.org

Visit us online at

www.veteransatease.org



@VeteransatEase



Veterans-at-Ease



Supporting Our Veterans



Research shows that **35% of Veterans** may need mental health support

Thousands of **men and women** who, **having served our country**, are **suffering with effects of trauma, PTSD** and other combat-related and psychosocial issues

Veterans at Ease can help!

Can You?