

Post-traumatic stress disorder (PTSD)

This information is about the symptoms, causes and treatments for post-traumatic stress disorder (PTSD). It is for people who are 18 or over and affected by mental illness in England. It is also for their loved ones and carers and anyone interested in this subject.

Key Points.

- You may develop post-traumatic stress disorder (PTSD) if you have an experience, or experiences, that you find traumatic.
- The development of PTSD depends on different factors. These can include things such as any history of mental illness, the severity and type of trauma, and how you experience it.
- PTSD is more likely if you did not expect the trauma, it is long-lasting, and out of your control. Also, if you think there is a threat to your life.
- Not everyone who experiences trauma will develop PTSD.
- There are different common symptoms that affect your emotions and the way you behave. You do not need to have all of them to be diagnosed with PTSD.
- Treatments for PTSD include talking therapy and medication.
- Treatment can help you to recover fully from PTSD or manage the symptoms better.
- Complex PTSD is a more severe form of PTSD.

This factsheet covers:

1. [What is post-traumatic stress disorder \(PTSD\)?](#)
2. [What are the symptoms of PTSD?](#)
3. [What is complex PTSD?](#)
4. [What causes PTSD?](#)
5. [How can I get NHS help and how is PTSD diagnosed?](#)
6. [How is PTSD treated?](#)
7. [What other help can I get?](#)
8. [What if I am not happy with my treatment or care?](#)
9. [What risks can there be with PTSD?](#)
10. [Information for carers, friends, and relatives](#)

1. What is post-traumatic stress disorder (PTSD)?

Post-traumatic stress disorder (PTSD) is a mental illness. You can develop it after experiencing something that you find traumatic. This can include seeing or hearing about something traumatic.¹

Going through something 'traumatic' means that it frightens or distresses you.

The symptoms of PTSD can start immediately or after a delay of weeks or months. They usually start within 6 months of the traumatic event.²

There can be lots of different symptoms. See [section 2](#) of this factsheet for more information.

Not everyone who has been through a trauma will develop PTSD. Many people will have some trauma symptoms for a while. They are a normal reaction to a traumatic experience.

Some people slowly come to terms with what has happened. Their stress symptoms can start to disappear after a few weeks or so.³

But some people's symptoms last longer and they can develop PTSD.

Treatment can help you to recover fully from PTSD or manage the symptoms better. See [section 6](#) of this factsheet for more information.

You can find more information about '**Stress – How to cope**' at www.rethink.org. Or call our General Enquiries team on 0121 522 7007 and ask them to send you a copy of our factsheet.

How common is PTSD?

The NHS say that PTSD is thought to affect about 1 in every 3 people who have a traumatic experience. But it is not clear exactly why some people develop the condition and others do not.⁴

2. What are the symptoms of PTSD?

The main symptoms and behaviours associated with post-traumatic stress disorder (PTSD) include:^{5,6}

- Reliving the experience through flashbacks, unwanted memories, or nightmares
- Overwhelming emotions with the flashbacks, memories, or nightmares
- Often feeling like you are under threat
- You might be startled by things like unexpected noises
- Not being able to feel emotions or feeling 'numb'

- Avoidance. This could mean that you try to distract yourself from thinking about the trauma. Or you avoid people and situations that remind you of the trauma
- Difficulties or problems in relationships
- Not feeling good about yourself, or feeling worthless
- Use of alcohol or drugs use to avoid flashbacks, unwanted memories, or nightmares. Or to manage emotional reactions, anxiety or other symptoms
- Feelings of anger, shame, sadness or guilt, including what is known as 'survivor guilt'
- Problems with sleeping and concentrating
- Difficulty controlling your emotions or negative mood and thinking
- Dissociation, that can include disconnecting from yourself or other people

You can find more information about:

- Dissociation and dissociative identity disorder
- Drugs alcohol and mental health

at www.rethink.org. Or call our General Enquiries team on 0121 522 7007 and ask them to send you a copy of our factsheet.

You can find more information about [How can I improve my sleep?](http://www.rethink.org) at www.rethink.org

[Top](#)

3. What is complex PTSD?

Complex PTSD is a when you have some symptoms of post-traumatic stress disorder (PTSD) and some additional ones too.⁷

Complex PTSD is sometimes known as c-PTSD, or CPTSD.

If you have complex PTSD, you will have extra symptoms such as:⁸

- severe issues controlling your emotions,
- an ongoing belief that you are worthless, with deep feelings of shame, guilt or failure that can be related to the trauma, and
- ongoing issues keeping relationships and feeling close to others.

You are more likely to develop complex PTSD if your trauma is, or has been:⁹

- an ongoing event, or
- a series of different traumatic events.

The trauma might be very threatening or frightening.

Often, it is a trauma which you were not able to escape from, such as:¹⁰

- torture,
- slavery,
- domestic abuse, or
- sexual or physical abuse as a child or adult.

[Top](#)

4. What causes PTSD?

You can develop post-traumatic stress disorder (PTSD) after going through something that frightens or distresses you. This can include seeing or hearing about something.¹¹ This is known as going through, or experiencing something that is 'traumatic.'

The traumatic experience might be out of your control.

PTSD can be caused by experiencing, seeing or hearing about one or many events such as:¹²

- serious accidents,
- physical and sexual assault or abuse, including childhood or domestic abuse,
- emotional abuse,
- race-based trauma,
- work-related exposure to trauma, such as being in the army, emergency services, or humanitarian sector,
- trauma related to serious health problems or childbirth,
- war and conflict, and
- torture.

But it could be caused by other things too. The important thing is how you experience the event or events yourself.

Traumatic events might affect our belief that life is fair, reasonable, safe, and that we are secure.^{13, 14}

But not everyone who experiences trauma will develop PTSD.

The risk of developing PTSD depends on how the experience affects you. PTSD is more likely to develop if the traumatic event:¹⁵

- is unexpected,
- goes on for a long time,
- involves being trapped,
- is caused by people,
- causes many deaths,
- you think there is a threat to your life,
- causes severe damage to the body, or
- involves children.

You are at a higher risk of developing PTSD if:¹⁶

- you have ever lived with depression or anxiety disorder, or
- you do not receive much support from family or friends.

You can find more information about:

- Depression, and
- Anxiety disorder

At www.rethink.org. Or call our General Enquiries team on 0121 522 7007 and ask them to send you a copy of our factsheet.

What things might help protect you from developing PTSD?

Things that may help to prevent the development of PTSD after a trauma include:

- Seeking out support from family and friends, or support groups¹⁷
- Receiving empathy and understanding from others
- Helping others
- Identifying as a survivor rather than a victim
- Seeking help to process the trauma
- Learning to feel okay with your feelings¹⁸
- Having a healthy coping strategy¹⁹
- Being prepared to respond to upsetting events, despite feeling fear²⁰

These factors will not always protect someone from developing PTSD. But they can help in some cases.

[Top](#)

5. How can I get NHS help and how is PTSD diagnosed?

If after 4 weeks of experiencing trauma, it is best to see your GP if:²¹

- you are still having problems about the experience, and
- the symptoms are troubling you.

The earlier you get help, the better. See [section 2](#) of this factsheet for more information about symptoms of post-traumatic stress disorder (PTSD).

How can my GP help me?

Your GP should talk to you about treatment options and coping strategies.

You can choose whether to have treatment and decide about the options your GP offers you.

If you are unsure of anything, like the benefits of treatment, then ask your GP.

For more information about how PTSD is treated see [section 6](#) of this factsheet.

Your GP might refer you to an NHS mental health specialist for further assessment and treatment. They might do this if they think you need specialist help for your symptoms.

You can find more information about '**GPs and your mental health**' at www.rethink.org. Or call our General Enquiries team on 0121 522 7007 and ask them to send you a copy of our factsheet.

What will happen at a specialist assessment?

During the assessment a mental health professional will talk to you about your mental health. They will ask you questions.

The conversation might cover:²²

- your symptoms and experiences,
- your feelings, thoughts, and actions,
- your physical health and wellbeing,
- social and family relationships,
- use of drugs or alcohol, and
- past experiences, including similar problems.

The assessment is not a test or an exam. It is about finding the right diagnosis and help for you.

The more open and honest you are the easier it will be for the mental health professional. It will help them to reach the right diagnosis and offer you the right treatment and support.²³

The professional will consider your symptoms. See [section 2](#) of this factsheet for more information about symptoms of PTSD.

Once the professional has assessed you, they might think you are experiencing PTSD. If they do, they will use a manual to help diagnose you.

The 2 main manuals usually used by medical professionals in England are the:

- **International Classification of Diseases (ICD-11)**, which is produced by the World Health Organisation (WHO), and
- **Diagnostic and Statistical Manual (DSM-5)**, which is produced by the American Psychiatric Association (APA).

The manuals explain which symptoms should be present, and for how long, for you to receive a diagnosis.

You can access the following ICD-11 guidelines for free online below:

- **Post-traumatic stress disorder:**
<https://icd.who.int/browse/2024-01/mms/en#2070699808>
- **Complex post-traumatic stress disorder:**
<https://icd.who.int/browse/2024-01/mms/en#585833559>

You cannot access DSM-5 online for free.

DSM-5 does have guidelines on PTSD but not on complex PTSD.²⁴

[Top](#)

6. How is PTSD treated?

Post traumatic stress disorder (PTSD) is mainly treated with talking therapies, medication, or a mixture of both.

What are NICE guidelines?

NICE make recommendation to the NHS about what treatment should be offered to patients for different conditions.

NICE stands for National Institute for Health and Care Excellence.

You can read the full NICE guidelines on PTSD here:

www.nice.org.uk/guidance/ng116

Below is a summary of the guidelines.

You might have symptoms of PTSD and have experienced 1 or more traumatic events in the past month.²⁵

NICE say you should be offered prevention or treatment options from the following. What you are offered will depend on how severe your symptoms are, and what you prefer:²⁶

- **Active monitoring**
- **Trauma-focused cognitive behavioural therapy (CBT)**, like:
 - Cognitive processing therapy
 - Narrative exposure therapy (NET)
 - Prolonged exposure therapy
- **Eye movement desensitisation and reprocessing (EMDR)**
- **Supported trauma-focused computerised cognitive behavioural therapy (CBT)**
- **CBT** - to target an issue such as anger or sleeping problems
- **Medication** - such as antidepressants or antipsychotics²⁷

You can usually refer yourself for NHS talking therapy for free. You can also have private talking therapy if you can afford to.

You can find more information about '**Talking therapies**' at www.rethink.org. Or call our General Enquiries team on 0121 522 7007 and ask them to send you a copy of our factsheet.

What is active monitoring?

Active monitoring means a medical professional will stay in touch with you to see if your symptoms get worse or better.²⁸ If they get worse, they will offer you treatment.

NICE recommend that medical professionals use active monitoring if:²⁹

- you have mild symptoms of PTSD, or
- the trauma has happened within the last 4 weeks.

You should have a follow up appointment after 1 month.³⁰

Active monitoring is used because many people who experience symptoms after a trauma will recover without treatment.³¹

What is trauma-focused cognitive behavioural therapy (CBT)?

CBT helps you deal with your symptoms by making changes to how you think and act.³²

Trauma-focused CBT is a special type of CBT. It should help you:³³

- manage your symptoms and emotions, and
- reactions to trauma.

What is cognitive processing therapy (CPT)?³⁴

CPT helps people who are 'stuck' in their thoughts about a trauma.

The theory is that PTSD can happen because of a conflict between your pre-trauma and post-trauma outlook.

These conflicts are called 'stuck points.' These are looked at through activities such as writing about the traumatic event.

What is narrative exposure therapy (NET)?³⁵

NET can help to reduce distress caused by complex or multiple traumatic experiences.

The aim of NET is to put traumatic experiences into context. NET tries to recreate the story of your life and trauma. It fills in any missing or unclear memories and brings in positive events.

This helps to create a clear story of your life. This can identify when certain thinking and behaviours first started to happen.

What is prolonged exposure therapy?³⁶

Prolonged exposure therapy helps you gradually approach trauma-related memories, feelings, and situations.

It helps you to learn that the trauma-related memories and reminders are not dangerous. And that you do not need to avoid them.

What is eye movement desensitisation and reprocessing (EMDR)?³⁷

You will be led by the therapist to make eye movements while thinking about the traumatic event.

Therapists think that this works by making your brain deal with painful memories in a different way.

The therapy uses eye stimulation to process certain memories. Other stimulation methods such as taps or tones can be used.

This should be used until the memories are no longer distressing.

It can include you learning self-calming techniques and techniques for managing flashbacks.

You can watch this short video from the **EMDR Association UK** to learn more about the treatment:

www.youtube.com/watch?v=bIJZQAr9nQo

What is supported trauma-focused computerised cognitive behavioural therapy (CBT)?³⁸

You can get therapy through a computer programme if your PTSD symptoms are not severe.

You may be able to have this therapy if you prefer it to face-to-face trauma-focused CBT or EMDR.

You should be supported by a trained professional.

Can medication help with PTSD?

If you prefer treatment with medication your doctor might offer you:³⁹

- venlafaxine, or
- a selective serotonin reuptake inhibitor (SSRI), such as sertraline.

You can choose to have this together with talking therapy.

Your doctor should review this treatment regularly.⁴⁰

You may be offered antipsychotic medication, such as risperidone. But only if you experience psychosis or severe hyperarousal.⁴¹

Hyperarousal means when you are always alert and feeling under threat or in danger.

The treatment will need to be reviewed regularly by a specialist.⁴²

Your doctor should inform you about possible side effects, including any possible withdrawal symptoms. Withdrawal symptoms are less likely if the medicine is reduced slowly.

You can find out more about:

- Antidepressants
- Antipsychotics
- Psychosis
- Medication - Choice and managing problems

at www.rethink.org. Or call our General Enquiries team on 0121 522 7007 and ask them to send you a copy of our factsheet.

What if I have complex PTSD or additional needs?

NICE guidelines say if you have complex PTSD, or other additional needs, healthcare professionals should.⁴³

- Give you more therapy sessions or give you longer therapy sessions to help build trust.
- Think about the impact that your personal circumstances will have on the outcome of therapy. Like, your housing situation.
- Help you to manage any issues that might stop you from being able to take part in therapy.
- Plan any ongoing support that you need after the end of treatment.

What if I have a drug or alcohol issue?

The NICE guidelines say you should not be excluded from PTSD treatment if you have a drug or alcohol issue.⁴⁴

You can find more information about '**Drugs, alcohol and mental health**' at www.rethink.org. Or call our General Enquiries team on 0121 522 7007 and ask them to send you a copy of our factsheet.

I have lived with PTSD for a long time. Can treatment still help?

It is possible to be successfully treated for PTSD a long time after the trauma. So, it is never too late to seek help.⁴⁵

Some think:⁴⁶

- traumatic events are thought to change our view of the world as meaningful and safe. And our view of ourselves as worthy,
- recovery can be about rethinking our worldview using different coping strategies, and
- recovery can happen when someone has processed their trauma. They have built a new worldview which includes the trauma.

[Top](#)

7. What other help can I get?

Where can I get urgent mental health help?

If you need urgent help for your mental health, you can:

- **Contact NHS 111 for urgent mental health support:** You can call NHS 111 or visit <https://111.nhs.uk/triage/check-your-mental-health-symptoms>. You will need to answer some questions. They will refer you to an appropriate service or tell you what to do next.

For other options go to our website at www.rethink.org and click on **Get help now**.

Or you can find more information about options for urgent mental health support in our information on:

- Getting help for someone in a mental health crisis, and
- Worried about your mental health? How to get treatment and support

at www.rethink.org. Or call our General Enquiries team on 0121 522 7007 and ask them to send you a copy of our factsheet.

What self-help can I try?

There are things that you can do to help yourself. This is also known as self-care or self-help.

Self-care is things like how you take care of your diet, exercise, daily routine, relationships and how you are feeling.

When it comes to self-care, everyone is different.

You can learn how to notice when you are becoming unwell and know what your triggers are.

You can find out more about self-help in our information on '**Worried about your mental health - How to get treatment and support**' at www.rethink.org. Or call our general enquiries team on 0121 522 7007 and ask them to send you a copy of our factsheet.

Some helpful PTSD resources are:

- **NHS Inform PTSD and CPTSD self-help:** www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/ptsd-and-cptsd-self-help-guide
- **NHS PTSD self-help leaflet:** <https://web.nrw.nhs.uk/selfhelp/leaflets/Post%20traumatic%20Stress.pdf>

Can support groups help me?

You could join a support group, if there is one in your local area.

A support group is where people come together to share information, experiences and give each other support.

Hearing about the experiences of others can help you feel understood. This may help you feel less alone and boost your self-confidence.

You might be able to find a local group by searching online.

You can search for local mental health support groups below:

- **Rethink Mental Illness:** www.rethink.org/help-in-your-area/support-groups
- **Local Minds:** www.mind.org.uk/about-us/local-minds

How can social services help me?

You might need support to look after yourself. You have the right to a needs assessment from social services.⁴⁷

For example, you may need support so that you can:⁴⁸

- get out of the house,
- keep in touch with friends and family,
- get a job or take part in education,
- clean your house,
- prepare meals or go shopping,
- keep safe,
- manage your money,
- take part in leisure activities, or
- contribute to society, such as volunteering or being in a club or group.

You can find more information about '**Social care assessment – Under the Care Act 2014**' at www.rethink.org. Or call our General Enquiries team on 0121 522 7007 and ask them to send you a copy of our factsheet.

What are NHS recovery colleges?

Recovery colleges are part of the NHS. They offer free courses about mental health to help you manage your experiences.

They can help you to take control of your life and become an expert in your own wellbeing and recovery. You can usually self-refer to a recovery college.

Recovery colleges are not available in all areas. To see if there is a recovery college in your area you can use a search on the internet. You can also search here: <https://mindrecoverynet.org.uk/search>.

You can find more information about:

- Stress - How to cope
- Recovery and mental illness

at www.rethink.org. Or call our General Enquiries team on 0121 522 7007 and ask them to send you a copy of our factsheets.

[Top](#)

8. What if I am not happy with my treatment or care?

You might not be happy with your care or treatment. You can talk to your healthcare professional about your concerns.

If you are still not happy you can:

- ask for a second opinion,
- try to get an advocate,
- contact Patient Advice and Liaison Service (PALS) www.nhs.uk/nhs-services/hospitals/what-is-pals-patient-advice-and-liaison-service, or
- make a complaint.

You can find out more about these things in our information on:

- Second opinions - About your mental health diagnosis or treatment
- Advocacy for mental health - Making your voice heard
- Complaining about the NHS or social services

at www.rethink.org. Or call our General Enquiries team on 0121 522 7007 and ask them to send you a copy of our factsheet.

[Top](#)

9. What risks can there be with PTSD?

Alcohol and drug use

Some people who live with post-traumatic stress disorder (PTSD) use drugs or alcohol to help manage the symptoms.⁴⁹

Excessive drug or alcohol misuse can make you more unwell. It can make you more likely to try and harm yourself or take your own life.⁵⁰

You can find out more about '**Drugs, alcohol and mental health**' at www.rethink.org. Or call our General Enquiries team on 0121 522 7007 and ask them to send you a copy of our factsheet.

Mental health conditions

It is common for people who live with PTSD to have other mental health conditions like anxiety disorder or depression.⁵¹

Other mental health conditions have some of the same symptoms as PTSD. This may be why PTSD can sometimes be hard to diagnose.⁵²

If you think you may be experiencing PTSD, you can tell your healthcare professional. You can explain that you have experienced trauma, and you think your symptoms might be related to PTSD.

You can find out more about:

- Depression, and
- Anxiety disorders

at www.rethink.org. Or call our General Enquiries team on 0121 522 7007 and ask them to send you a copy of our factsheet.

Suicidal thoughts

Sometimes PTSD symptoms can be long-lasting and can have a significant impact on day-to-day life. This can sometimes lead to suicidal thoughts.⁵³

You can find out more about **'Suicidal thoughts – How to cope'** at www.rethink.org. Or call our General Enquiries team on 0121 522 7007 and ask them to send you a copy of our factsheet.

Psychosis

There is a link between PTSD and psychosis. But it is not known if:^{54,55}

- psychosis is sometimes a symptom of PTSD, or
- if it is separate mental health condition, that can be developed alongside PTSD.

Some people who experience psychosis may have also experienced trauma. It may be a different response to trauma than PTSD.⁵⁶

You can find out more about **'Psychosis'** at www.rethink.org. Or call our General Enquiries team on 0121 522 7007 and ask them to send you a copy of our factsheet.

Physical health issues

PTSD has been linked to a range of physical symptoms and health issues such as:^{57 58,59}

- dizziness,
- tinnitus,
- blurry vision,
- headaches,
- stomach aches,
- digestive issues,
- heart conditions,
- high blood pressure,
- weight issues,

- breathing issues,
- diabetes,
- chronic pain,
- sleep disorders, and
- immune system disorders.

You can find more information about:

- Managing type-2 diabetes
- How can I improve my sleep?
- Physical activity and mental health

at www.rethink.org. Or call our General Enquiries team on 0121 522 7007 and ask them to send you a copy of our factsheet.

Driving and PTSD

PTSD could affect your ability to drive safely.

Ask your doctor if you are not sure if your symptoms or medication will affect your driving.

If you think they might affect your ability to drive safely, you must tell the DVLA.⁶⁰ The DVLA stands for the Driver and Vehicle Licensing Agency (DVLA).

You can find more information about '**Driving and mental illness**' at www.rethink.org. Or call our General Enquiries team on 0121 522 7007 and ask them to send you a copy of our factsheet.

[Top](#)

10. Information for carers, friends and relatives

How can I get support?

You can do the following.

- Speak to your GP if your mental health is affecting your day-to-day life.
- Ask for a carer's assessment from your local social services.
- Join a carers service. They are free and available in most areas.
- Join a carers support group for emotional and practical support or set up your own.

For carers' services and support groups see:

- **Rethink Mental Illness:** www.rethink.org
- **Carers UK:** www.carersuk.org, and
- **Carers Trust:** <https://carers.org/search/network-partners>.

How can I support the person I care for?

You can do the following:

- Read information about PTSD for family and friends. Like, this information from **PTSD UK**, 'I think my loved one has PTSD. What can I do?' www.ptsduk.org/friends-family/loved-one
- Ask the person you support to tell you what their symptoms are. Also, if they have any self-management techniques that you could help them with.
- Encourage them to see a GP if you are worried about their mental health.
- Ask to see a copy of their care plan if they have one. They should have a care plan if they are supported by a care coordinator.
- Help them to manage their finances.

You can find out more about:

- Supporting someone with a mental illness
- Getting help for someone in a mental health crisis
- Suicidal thoughts - How to support someone
- Responding to unusual behaviour linked to mental illness
- Carer's assessments – Under the Care Act 2014
- Confidentiality, information and your loved one
- Worried about someone's mental health
- Stress – How to cope

at www.rethink.org. Or call our General Enquiries team on 0121 522 7007 and ask them to send you a copy of our factsheet.

You can find more information about:

- What benefits are available for mental health carers?
- Can someone else manage my money for me?

at: www.mentalhealthandmoneyadvice.org/en

[Top](#)

Further Reading

Armed forces healthcare

Information about how the NHS can help if you are in military service or a veteran.

www.nhs.uk/nhs-services/armed-forces-community

How to manage after a traumatic event. From the Royal College of Psychiatrists

www.rcpsych.ac.uk/mental-health/problems-disorders/coping-after-a-traumatic-event

Information about racially based trauma. From the Counselling Directory

www.counselling-directory.org.uk/racism.html#whatisracism

Useful
Contacts

PTSD UK

A charity dedicated to raising awareness of PTSD, no matter the trauma that caused it. Information for anyone experiencing PTSD.

Website: www.ptsduk.org

Victim Support

An independent charity dedicated to supporting victims of crime and traumatic incidents in England and Wales. Provide specialist help to support people to cope and move on to the point where they feel they are back on track with their lives.

Phone: 08 08 16 89 111

Contact form and live chat: <https://www.victimsupport.org.uk/help-and-support/get-help/request-support>

Website: www.victimsupport.org.uk

EMDR UK

EMDR Association UK is the professional body for EMDR clinicians and researchers seeking the highest standards of clinical practice in the UK. You can search for EMDR-accredited therapists in your area.

Website: <https://emdrassociation.org.uk>

Anxiety, grief, and trauma

Anxiety UK

Anxiety UK is a user-led charity which supports people with anxiety disorders, including PTSD. You have to pay a fee to use the helpline and you have to book an appointment through their website.

Address: Anxiety UK, Nunes House, 447 Chester Road, Manchester, M16 9HA

Website: www.anxietyuk.org.uk

Assistance Support and Self Help in Surviving Trauma (ASSIST)

ASSIST employ experienced therapists trained to work PTSD and the after-effects of trauma. They do this in line with current evidence-based treatments. They are a charity, but you must pay for therapy.

Phone: 01788 551 919

Email (online form): <http://assisttraumacare.org.uk/contact/>

Website: www.assisttraumacare.org.uk

Military and trauma

Combat Stress

Supports current and ex-military of all ages who have mental health conditions, and their families.

Phone: 0800 138 1619

Text: 07537 173 683

Address: Tyrwhitt House, Oaklawn Road, Leatherhead, Surrey, KT22 0BX

Email: helpline@combatstress.org.uk

Website: www.combatstress.org.uk

PTSD Resolution

Provides counselling for former armed forces, reservists and families.

Phone: 0300 302 0551

Email: contact@ptsdresolution.org

Address: PTSD Resolution Ltd, c/o Chantry House, 22 Upperton Road, Eastbourne, East Sussex, BN21 1BF

Website: www.ptsdresolution.org

Veterans UK

Veterans UK is a government body offering support for veterans. They provide welfare support for veterans of any age, and their families through the Veterans Welfare Service and the Veterans UK helpline.

Phone (UK only): 0808 1914 218

Phone (overseas): +44 1253 866 043

Email: veterans-uk@mod.gov.uk

Address: Veterans UK, Ministry of Defence, Norcross, Thornton, Cleveleys, FY5 3WP

Website: www.gov.uk/government/organisations/veterans-uk

Torture and trauma

Freedom from Torture

Provide specialist psychological therapy to asylum seekers and refugees who have survived torture. This helps them recover and rebuild their lives in the UK.

Telephone: 020 7697 7777

Online contact form: www.freedomfromtorture.org/contact-us

Website: www.freedomfromtorture.org

Child abuse and childhood abuse

The National Association for People Abused in Childhood (NAPAC)

NAPAC supports adult survivors of childhood abuse.

Phone: 0808 801 0331

Email: support@napac.org.uk

Address: NAPAC, 7-14 Great Dover St, London, SE1 4YR

Website: www.napac.org.uk

Help for Adult Victims of Child Abuse (HAVOCA)

HAVOCA is run by survivors for adult survivors of child abuse. They provide support, friendship, and advice adults whose lives have been affected by childhood abuse. They have an online forum for survivors.

Online contact form: <https://www.havoca.org/every-survivor-has-the-right-to-become-a-thriver/contact-us>

Website: www.havoca.org

Sexual and domestic violence and relationships

Rape Crisis England & Wales

A feminist charity working to end child sexual abuse, rape, sexual assault, sexual harassment and all other forms of sexual violence. They have a support line, online chat, and a network of independent rape crisis centres.

Support line: 0808 500 2222

Website: www.rapecrisis.org.uk

Refuge

As a woman fleeing domestic abuse, you may want to access specialist refuge accommodation. The helpline can help you find a refuge vacancy for you and your children. They can also support you to find other specialist services in your community.

Phone (National Domestic Abuse Helpline): 0808 2000 247

Live chat: www.nationaldahelpline.org.uk/en/Chat-to-us-online

Website: www.nationaldahelpline.org.uk

Women's Aid

Support female survivors of domestic abuse.

Email: info@womensaid.org.uk

Webchat: <https://chat.womensaid.org.uk>

Website (service directory): www.womensaid.org.uk/domestic-abuse-directory

Website: www.womensaid.org.uk

Survivors UK

Support male and non-binary survivors of sexual violence, providing counselling, practical help. Also support loved ones, professionals. Provide National Male Survivors Online Helpline – a webchat and SMS service.

Text chat: 020 3322 1860

Email: help@survivorsuk.org

Website: www.survivorsuk.org/

RISE

RISE supports those who cause domestic violence through a process of change, addressing behaviours and attitudes. They provide group and one-to-one sessions, focused on self-reflection.

Phone: 07495 099 694

Email: info@risemutual.org

Website: <https://risemutual.org/interventions-perpetrators/>

Respect Phonline

Provide help for those who cause domestic violence.

Phone: 0808 8024 040

Email: info@respectphonline.org.uk

Website: <https://respectphonline.org.uk>

Respect Men's Advice Line

Help for male victims of domestic abuse.

Phone: 0808 801 0327

Email: info@mensadviceline.org.uk

Webchat: <https://mensadviceline.org.uk>

Signposts and support for those who have experienced female genital mutilation

Womankind Worldwide

The webpage below includes signposts and support for those who have experienced female genital mutilation.

Webpage: www.womankind.org.uk/fgm-organisations-offering-advice-and-support

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This factsheet is available in large print.

Rethink Mental Illness Advice Service

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(excluding bank holidays)

Email advice@rethink.org



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