

PTSD Support Guide

Resources and steps to reach out for help and build your support system if you live with PTSD.

1. Immediate Support

- If you feel unsafe, call 999 (UK) or your local emergency number.
- Use crisis text service: text SHOUT to 85258 (UK, free, 24/7).
- Call Samaritans at 116 123 for confidential listening support.

2. Professional Help

- Contact your GP and ask about trauma-focused therapy (e.g., EMDR, TF-CBT).
- NHS Talking Therapies (England) – self-referral available online.
- Ask about local trauma services via Hub of Hope (hubofhope.co.uk).

3. Trusted People

- Identify 2–3 people you can contact in tough moments.
- Share a short message with them such as: 'I might reach out when I'm struggling — would that be okay?'.
- Keep their contact details easily accessible.

4. Peer & Community Support

- Join PTSD or trauma peer support groups (online or local).
- Veterans can contact Combat Stress (0800 138 1619, UK).
- Explore moderated online forums with safety guidelines.

5. Self-Support Tools

- Keep a written personal safety plan nearby.
- Create grounding cards or affirmations you can carry.
- Schedule small daily resets: nature time, gentle exercise, journaling.