

**PRESS RELEASE
FOR IMMEDIATE RELEASE**



<STARTS>

'TITLE TO BE ADDED HERE'

<Your name> from XXX is planning to <insert challenge here> to help raise awareness of Post Traumatic Stress Disorder and fundraise for PTSD UK.

<Your name> was diagnosed with PTSD/C-PTSD X years ago, and decided to do this challenge <insert why you wanted to do this challenge specifically and a little more detail about what the challenge is, where will you be doing it etc>

(put in the paragraph relevant to your condition – either this one, or the one below) PTSD is a condition which some people develop after experiencing a trauma in their life such as a road traffic accident, bereavement, personal assault, natural disaster, miscarriage, traumatic childbirth, being bullied, sexual violence, childhood abuse, domestic abuse or fire.

(put in the paragraph relevant to your condition – either this one, or the one above) Complex PTSD is a condition which some people develop after experiencing multiple, sustained or repeated traumas such as physical health issues, events experienced in employment where you repeatedly encounter distressing scenes, military service, childhood abuse, domestic abuse and caring for a loved one with a complex medical condition.

It's estimated that in any given week in the UK, 4 in 100 people have Post Traumatic Stress Disorder – this equates to 2,612,000 people in the UK, yet it's still an incredibly misunderstood, and still relatively unknown condition.

<Your name> is hoping to raise awareness of PTSD and C-PTSD by completing his/her/their <summary of challenge> challenge, "Quote from you about why you think raising awareness is important"

"Quote from you about your experience of PTSD/C-PTSD and why this is newsworthy"

Jacqui Suttie, Founder and CEO of PTSD UK added "We're in awe of all of our supporters and their dedication to the challenges they set themselves. Not only does it help support our mission to support everyone affected by PTSD and C-PTSD, no matter the trauma that caused it, it also lets others with the condition see what is possible, that there is hope and maybe even set themselves a similar challenge too!"

Not only have <your name> friends and family rallied around him/her/them to support his/her/their challenge, but local businesses XXX, XXX and XXX have provided XXX and XXX. <insert any businesses who have sponsored/donated kit etc>

If you'd like to support <your name> by way of sponsorship, you can do so here: <LINK to online donation page>.

<ENDS>

ABOUT PTSD UK

PTSD UK (registered charity SC045995) was founded in 2015 by Jacqui Suttie after her own experiences suffering with Post Traumatic Stress Disorder. The lack of understanding, provisions and information made Jacqui realise that help and education is needed for those struggling with PTSD – along with their friends and family.

PTSD UK is the only charity in the UK dedicated to raising awareness of post-traumatic stress disorder – no matter the trauma that caused it. We believe that supportive and reliable knowledge really is power when it comes to PTSD.

PTSD UK's mission is to provide supportive, reliable, high-quality and easy-to-understand resources to educate, help empower and inspire resilience in everyone affected by PTSD, to help them work towards successful, sustained recovery. We campaign to raise awareness of the condition, reach out to high-risk communities, help shape UK healthcare policies, and give everyone the belief that 'Tomorrow CAN be a new day'.

Visit our website: PTSDuk.org

SOURCES and STATS

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