**PTSD Support Groups in England**

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| **Name of Support Group** | **PTSD Focus / Supported Condition** | **Location** | **Email** | **Telephone** |
| **PTSD UK** | PTSD and Complex PTSD – awareness & info (all causes) | Nationwide | Not provided (information-only) | Not provided |
| **ASSIST Trauma Care** | PTSD & trauma recovery therapy (all populations) | Nationwide | admin@assisttraumacare.org.uk | 01788 551 919 |
| **Combat Stress** | PTSD & mental health for ex-service veterans | Nationwide | helpline@combatstress.org.uk | 0800 138 1619 |
| **PTSD Resolution** | PTSD counseling for armed forces veterans & families | Nationwide | contact@ptsdresolution.org | 0300 302 0551 |
| **Sapper Support** | 24/7 PTSD helpline (staffed by veteran/999 volunteers) | Nationwide | info@sappersupport.com | 0800 040 7873 |
| **Birth Trauma Association** | PTSD after traumatic childbirth (birth trauma) | Nationwide | support@birthtraumaassociation.org.uk | 0203 621 6338 |
| **RoadPeace** | Trauma support for road crash victims & families | Nationwide | helpline@roadpeace.org | 0800 160 1069 |
| **The Survivors Trust** | Sexual trauma (rape & sexual abuse survivors) | Nationwide | helpline@thesurvivorstrust.org | 0808 8010 818 |
| **NAPAC** (Nat’l Assoc. for People Abused in Childhood) | Childhood abuse survivors (adult) – trauma/PTSD support | Nationwide | support@napac.org.uk | 0808 801 0331 |
| **HAVOCA** (Help for Adult Victims of Child Abuse) | Adult survivors of childhood abuse – peer support forum | Online (UK-based) | Not provided (online contact form) | Not provided |
| **Freedom from Torture** | Survivors of torture (often complex PTSD) | Nationwide | Not provided (contact via website) | 020 7697 7777 |
| **Disaster Action** | Survivors/bereaved of major disasters (trauma support) | Nationwide | Not provided (contact via website) | Not provided |
| **Victim Support** | Victims of crime and traumatic incidents | Nationwide | Not provided | 0808 168 9111 |
| **Sole Survivor PTSD Support CIC** | Peer support hub for people living with PTSD | Birkenhead / Online | info@ptsdsupport.co.uk | Not provided |