

# Combat PTSD Angels are a community of Carers committed to the empowerment and education of other Carers and family members of UK veterans with Combat PTSD

## WHAT DO WE DO

Among other things we offer friendly, confidential support that can only be given by someone who has been through the same situation. We help each other with the day to day struggles of caring for someone with combat related PTSD

**We understand the loneliness and isolation that comes with finding yourself in a caring role. WE CARE**

## WHERE TO FIND US

Online. We have public and private Facebook groups with information on services to help our members. Our closed group is a place to 'Let Off Steam' and chat with other carers who understand. In Person. We have a growing number of 'Chat And Cuppa' groups for nationwide meet ups.

Facebook/CombatPTSDAngels

Twitter@HaloBrigade

www.CombatPTSDAngels.co.uk