

## Veterans at Ease Ltd

Veterans at Ease helps veterans and their families living with trauma like post-traumatic stress disorder (PTSD) and other combat-related mental health issues. They help people aged between 18 and 94 years.

They offer free, one to one, personal therapy sessions and clinical psychotherapy. This is usually a weekly one hour session, with a qualified therapist. The therapists are from the Armed Forces Community (ex-military or immediate family members) with first-hand experience of mental health issues. Veterans supporting Veterans.

They have therapy centres in Gateshead Town Centre, South Shields and Stockton. They provide an outreach service across the North East for people who cannot travel. They can support some people from outside the North East by Skype.

They have Charity Shops, in Byker, Gateshead, South Shields, Whitley Bay and East Anglia – Dereham.

Veterans at Ease a Military Mental Health Charity in North East England.

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**Opening Hours:** Monday to Friday, 9am to 5pm

**Cost:** Free

**Address:**

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