

Helping UK veterans with PTSD with poetry

Posted by Tony McNally - 2011/09/08 17:06

My name is Tony McNally I am a Falklands War veteran, who has PTSD. I served with T bty 12 Regt RA. As you know over the years I have seen many of our fellow soldiers take their own lives due to their PTSD. As you will be well aware of more suicides than were KIA in the War. I have found that writing poetry has helped ,me in a big way and I would advise others to try and write things down. I have decided to publish a book of poetry together to help raise funds for a UK mental health charity TALKING2MINDS <http://www.talking2minds.co.uk/> started by SAS veteran Bob Paxman, If anyone wants to see their words in print and also help a great cause , please send your submissions to remybenoit@gmail.com

Regards

Tony

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