



Dear PTSD

So you bring your little party,
your chaos and despair...

We will not give in to you willingly,
We have tools we do share!

We stand together to battle you,
NO ONE will stand alone!

A Spouse's Story PTSD

Christmas in July

Blue Light Appeal

**HELPING THE MEN AND WOMEN OF OUR
EMERGENCY SERVICES FIGHT PTSD
(FULLTIME OR VOLUNTEER)**

Did you know, there are over 8000 Emergency Service Personnel suffering with PTSD, not to mention their loved ones who are fighting the battle indirectly?

Blue Light Appeal has been created to help both, providing them with support and help.

"Let no man's ghost, past or present, return and say we let them down"

Please help us, to help those who help us.



**Blue Light Appeal
Needs your Support**

**We are looking for
Businesses to place
collection boxes in &
Sponsors for future
events**

**Gala Dinner 16th July
2016. Government
House
(See website for details)**

**If you can help the Blue
Light Appeal Charity to
raise money or
awareness, please
contact them.
bluelightappeal@gmail.com**

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