



ROSIE'S STORY

From Surviving to Growing: Finding Strength Through The Ripple Pond



I met my husband following his service in the British Army. At first, I didn't think much of the little things I noticed in his behaviour, I just assumed it was part of military life. But as the years went on and we settled into life together, those little moments began to form a pattern.

Eventually, we realised this wasn't just the culture he'd been part of, it was trauma. What started as fleeting behaviours became more intense and harder to ignore. On one memorable day, I looked at him and didn't recognise the person in front of me.

Life became confusing. One moment he was calm and gentle; the next, I was faced with anger or complete withdrawal. Neither of us knew what to do or how to handle it. I started to feel isolated, anxious and alone in my own home.

It felt like the door to his trauma had been opened and suddenly everything poured out. What had been hidden for years was now a constant presence. He became completely lost in what he was going through. I was left outside, trying to manage work, home life, being a mum – all while feeling shut out by the person I loved.

A few years later, a friend encouraged him to get help. That's when he was diagnosed with Post Traumatic Stress Disorder (PTSD). It was a mix of relief and fear. On one hand, we finally had an explanation for what had been happening, but on the other, we didn't know what the road ahead would look like.

As he began to get treatment, the full scale of his mental health injury became clear. Life felt out of control and I wasn't equipped to handle it. It wasn't until I was referred to The Ripple Pond that things started to change.

That first conversation with The Ripple Pond made all the difference, I was heard, someone truly saw me in my situation. From there, I began to understand more about what PTSD really meant – not just for him, but for me too. I started to feel less alone.

Now, I have a community of people who get it. We're all going through different things, but there's this shared understanding that's incredibly powerful. I know I have people I can talk to, peer support that's there when I need it, and a space where I feel safe to share what's really going on.

There have been times when I've reached crisis point and The Ripple Pond has always been there. The team regularly check in, and I know I can turn to them for practical advice, emotional support, and a way to steady myself when everything feels overwhelming.

They've given me tools to make sense of things and helped me find a way forward, even when I couldn't see one. Through The Ripple Pond, I've found people I've never met in person, but who understand me better than anyone.

The Ripple Pond has reminded me to look after myself, not just him. That has been transformational.

I've also started to give back. Using what I've learned to help others feels really meaningful. I know how hard it is to go through this alone, and I'm proud to be part of a community that supports one another.

"The Ripple Pond are the only people who have been there immediately to stop me from free falling. Their support is invaluable. When you feel there's no way out, The Ripple Pond gave me the tools and resources I needed."

Thanks to The Ripple Pond, I'm not just surviving – I'm growing. I'm stronger, more informed, and no longer alone.

WITH GRATEFUL THANKS
To our funders

