

## Raise PTSD Awareness on

# SOCIAL MEDIA

Thank you for supporting the VA's National Center for PTSD in our goal of ending the stigma surrounding PTSD by educating people on PTSD and PTSD treatment. The below social media posts can be shared on Facebook or X (formerly Twitter) to spread the word: **#PTSDTreatmentWorks**.

You can follow the National Center for PTSD on [Facebook](#) @VAPTSD, [X](#) @VA\_PTSD\_Info, and [Instagram](#) @vaptsdinfo.

### FACEBOOK

- Talking about PTSD helps reduce stigma. If a loved one has been diagnosed with PTSD, let them know it's OK to talk about it. Learn more with resources from @VAPTSD: [https://www.ptsd.va.gov/family/how\\_help.asp](https://www.ptsd.va.gov/family/how_help.asp)
- PTSD treatment works. Use @VAPTSD's PTSD Treatment Decision Aid to learn about and compare effective PTSD treatment options: <https://www.ptsd.va.gov/apps/decisionaid/>
- PTSD can happen to anyone. Veterans from all walks of life share their stories of PTSD, treatment, and recovery on @VAPTSD's AboutFace. Visit the site to hear their stories: <https://www.ptsd.va.gov/apps/aboutface/>
- @VAPTSD offers a free and secure mobile app for those dealing with PTSD. PTSD Coach can help you learn about and manage symptoms that may occur after trauma. Download today: [https://www.ptsd.va.gov/appvid/mobile/ptsdcoach\\_app.asp](https://www.ptsd.va.gov/appvid/mobile/ptsdcoach_app.asp)
- If you or someone you know has been diagnosed with PTSD, you might have questions. @VAPTSD has resources that can help you find answers—like this short video: "What is PTSD?" [https://www.youtube.com/watch?v=YMC2jt\\_QVEE](https://www.youtube.com/watch?v=YMC2jt_QVEE)

### X

- Help reduce the stigma around PTSD. If a loved one has been diagnosed with PTSD, let them know it's OK to talk about it. Learn more with resources from @VA\_PTSD\_Info: [https://www.ptsd.va.gov/family/how\\_help.asp](https://www.ptsd.va.gov/family/how_help.asp)
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