



#PTSD AWARENESS • JUNE 2014

## Learn

PTSD TREATMENT CAN HELP

## Connect

REACH OUT TO SOMEONE

## Share

SPREAD THE WORD

# 6 WAYS TO RAISE PTSD AWARENESS

Everyone can help those affected by PTSD. Spread the word about PTSD and effective treatments.

## LEARN: PTSD TREATMENT CAN HELP

### 1. Discover the facts.

Visit [www.ptsd.va.gov](http://www.ptsd.va.gov) to start with the [PTSD Basics](#): key information about trauma, PTSD, and treatment options. Take the [PTSD Overview Course](#) or other free, in-depth PTSD [Continuing Education Courses](#) (earn CE/CMEs).

### 2. Watch and learn.

Take the mystery out of PTSD treatment: Meet Veterans and their clinicians at [AboutFace](#): an online video collection where they talk about how PTSD treatment turned their lives around.

Try out self-help tools in [PTSD Coach Online](#) and PTSD [mobile apps](#) to help you manage PTSD symptoms.

## CONNECT: REACH OUT TO SOMEONE

### 3. Work together.

Promote PTSD Awareness with the National Center for PTSD! We have [promotional materials](#) to help you organize an event or pass along information on PTSD and effective treatments.

### 4. Help someone. Help yourself.

Do you want to find out if you have PTSD or talk about treatment options? Take action for yourself or someone you care about. Learn [where to get help for PTSD](#).

## SHARE: SPREAD THE WORD!

### 5. Give support. Get support.

It can be hard to reach out for help. Read tips on how to [overcome barriers to care](#), and know that there is [support for family and friends](#) too, at [www.ptsd.va.gov](http://www.ptsd.va.gov).

### 6. Share what you learn.

Stay up-to-date and ask the National Center for PTSD questions on [Facebook](#) or [Twitter](#).

[Subscribe](#) to get a PTSD Monthly Update at [www.ptsd.va.gov](http://www.ptsd.va.gov). Professionals can also receive the Clinician's Trauma Update-Online, and the PTSD Research Quarterly.



Please visit [www.ptsd.va.gov](http://www.ptsd.va.gov) June 2014

**MAKE A DIFFERENCE TODAY**

