PTSD AWARENESS • JUNE 2016

Learn | **Connect** | **Share**

HELP RAISE PTSD AWARENESS

Everyone makes a difference. Help us spread the word about PTSD and effective treatments.

Learn
PTSD Treatment Works

Discover the facts.

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

Explore your options.

- Take the mystery out of PTSD treatment. Our short whiteboard video PTSD Treatment: Know your Options reviews the best treatments. And visit AboutFace, a website where Veterans, their family members and clinicians talk about turning life around with PTSD treatment.

Connect
Reach Out to Someone

Help someone. Help yourself.

- Do you think you might have PTSD or know someone at risk? Take action for yourself or someone you care about. We outline steps to help you know whether you might have PTSD and locate where to get help.

Give support. Get support.

- Managing PTSD can be easier with the support of others. If you are getting treatment, or have finished treatment, our self-help information and tools can help you manage stress. Caregivers can look to organizations that offer support for family and friends for tips on self-care too.

Share
Spread the Word

Pass along what you learn.

- Use Facebook or Twitter to share up-to-date information or ask us questions about PTSD and treatment. Subscribe to our email publications – PTSD Monthly Update, Clinician's Trauma Update-Online, and the PTSD Research Quarterly - and let others know they are free.

Work together.

- Join our PTSD Awareness campaign! We have promotional materials to help you organize an event or share information about PTSD and effective treatments.

National Center for PTSD
POSTTRAUMATIC STRESS DISORDER

YOU CAN **MAKE A DIFFERENCE** TODAY

For more information, visit www.ptsd.va.gov