

Suggested Newsletter or Bulletin Entries for June 2014 -#PTSD Awareness Month

A brief entry for use in your organizational newsletter or bulletin in June:

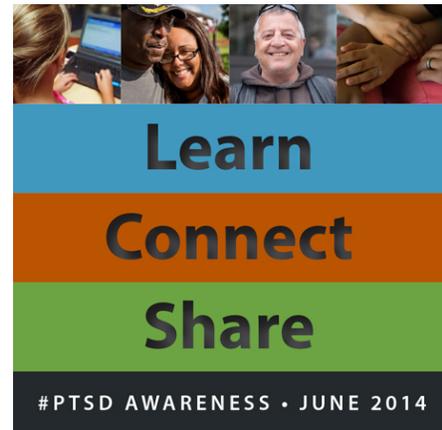
#PTSD Awareness: Learn. Connect. Share. - June 2014

Help raise awareness of PTSD and effective PTSD treatments. Get involved in spreading the word about PTSD treatment and recovery.

Visit the National Center for PTSD's Website at www.PTSD.va.gov throughout June - PTSD Awareness Month - for resources, links, and stories about PTSD, both for the public and mental health professionals.

How can you get involved? Set up an information table and make materials on PTSD available to the public. Share social media posts about PTSD. You could even gather a group to learn about PTSD through an online learning module. Visit www.ptsd.va.gov/about/ptsd-awareness/ for resources and suggestions, and share the site with your friends and colleagues.

You can make a difference today.



Jpg file found on promotional materials page

A longer entry which comes with two stories: choose the one that best fits your audience:

What to know about PTSD. #PTSD Awareness Month – June 2014

Meet Gina:

Gina had a great job, a loving husband, and a beautiful home. But she was miserable. Some days, a kiss from her husband would make her heart start pounding, and she would feel very afraid. She did not realize that these panicky feelings were flashbacks—the re-experiencing of the feelings that she had felt when she was a small child and couldn't protect herself.

Gina sought help. She went to a therapist, and finally revealed that her uncle had repeatedly sexually abused her as a child. Her therapist diagnosed PTSD, and started cognitive behavioral therapy with Gina. Therapy taught her to challenge her thoughts and feel less distress. She still has occasional flashbacks and panic attacks, but they're now controllable, and she knows they will pass. Before, she thought she'd always have to live with the flashbacks and bad feelings. Now, she can go weeks without thinking about the abuse, and she feels certain that someday it will be years.

Learn how PTSD treatment can help.

Connect: Reach out to someone.

Share and spread the word.

Today, visit the National Center for PTSD's Web site at www.PTSD.va.gov for resources, links, and stories about PTSD, both for the public and mental health professionals.

Pass it on.

Alternative story for use:

Meet Frank:

Frank served our country in Vietnam. Before the war, he had been a happy person, but he rarely smiled once he came home. For many years, Frank didn't talk about Vietnam, thinking he would spare people. He started drinking more. He had a short temper, and had to have his back to the wall in restaurants because he kept thinking someone was after him. He couldn't hold a job or have a successful relationship. He just felt that something was wrong. Frank didn't realize it, but he was having many of the symptoms of PTSD.

"It was nice to know there was a reason for what I was doing."

Frank went to the VA, where he was diagnosed with PTSD and given treatment and support. He's doing much better now.

"I would definitely recommend any Veteran go and get help."



Thank you for raising awareness and helping people dealing with trauma and PTSD.