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.

   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.

   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.