

Raise PTSD Awareness with

OUTREACH IDEAS

There are lots of ways to raise awareness about PTSD in your community. You could simply share our social media posts and graphics. Or, ask to leave some of our booklets or posters in locations, like a library, outdoor park, or health center. The goal of any effort is to show support for trauma survivors. Raising awareness about PTSD and effective treatments has a lasting impact by sharing information and creating supportive networks.

On Social Media

- **Follow the National Center for PTSD** on [Twitter](#) and [Facebook](#) and [Instagram](#)
- **Update your profile** with our [PTSD Awareness Month cover photo](#).
- **Post PTSD facts** on your social networks. Use the hashtag #PTSDAwareness on social media sites.
- **Download and share** our sample [social media posts](#).
- **Blog about PTSD** in June. You can even use one of our [drop-in](#) blog posts!

At Home

- **Do one thing** each day in June to spread awareness with our [Calendar](#).
- **Subscribe** to the [PTSD Monthly Update](#) to receive the latest info and updates.
- **Send an email** to friends and family letting them know about PTSD Awareness Month and encourage them to visit our website for tips and resources.

At Work and School

- **Print and share** Wallet Cards with someone you know that might have PTSD.
- **Use our [digital sign](#)** if your workplace or school has electronic bulletin boards.
- **Set up an awareness booth**, table, or bulletin board to share posters, flyers and brochures. Order our print materials free from our [GPO store](#).
- **Invite a speaker** to talk about PTSD in your classroom or staff meeting. Community mental health care providers or peer support specialists from a Department of Veteran's Affairs (VA) facility are great options.
- **Use our [drop-in post](#)** on your webpage, blog or newsletter.

In Your Community

- **Request a [Proclamation](#)**. Ask your governor, mayor or other local official to declare June as PTSD Awareness Month using our sample proclamation.
- **Sign Up** for our [Virtual Walk](#) and encourage others to participate. Reach out to your local media for assistance in promoting the event. Email your community partners, family and friends, and local officials inviting them to participate.
- **Plan a day** at your state Capitol. Invite advocates, consumers, concerned citizens and community and business leaders to visit policymakers. Start the conversation about PTSD and how it affects first responders, military families, and trauma survivors in your community.
- **Host a meet-and-greet** with community leaders and local mental health providers to talk about PTSD and ways to help your community.
- **Involve your faith community**. Religious and supportive faith communities can play a large role in the recovery of individuals with PTSD and their families. Talk to your clergy about ways you can support sharing of information during the month of June.
- **Share information**. Ask about adding PTSD awareness brochures or infographics to your local coffee house's information boards.
- **Display at the library**. Talk to your local librarians and ask if they'd be willing to put together a display of books and DVDs in a display case or other visible location throughout the month of June. Offer them the PTSD Awareness Month flyer or other available resources from the National Center's website.