

JUNE

June is PTSD Awareness Month

SPREAD THE WORD. RAISE AWARENESS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LEARN	PARTNER	SHARE	REACH OUT	GIVE SUPPORT	GET SUPPORT	CONNECT
	1 Take the pledge to raise PTSD Awareness	2 Use our image as your Social Media profile pic	3 Share resources like the Veterans Crisis Line	4 Download PTSD Coach or PTSD Family Coach apps	5 Text a Veteran	6 Like our Facebook page
7 Get key information on trauma, PTSD and treatment	8 Find or host a PTSD Awareness Event	9 Share our video about PTSD symptoms on Facebook	10 Learn about and compare PTSD treatment options	11 Take an online course or program	12 Share stories of Veterans who have been there	13 Subscribe to our PTSD Monthly Update
14 Watch What is PTSD? PTSD explained in 4 minutes	15 Share our social media posts	16 Retweet one of our #PTSDAwareness tweets	17 Find a local PTSD therapist	18 Practice mindfulness	19 Ask a Veteran how they are doing	20 Follow us on Twitter
21 Read Understanding PTSD and PTSD Treatment	22 Order our What is PTSD? card to share	23 Share this photo on Instagram	24 Hear what PTSD is like for family members	25 Learn how to talk to your Veteran about mental health care	26 Share our webpage with a Veteran	27 Subscribe to our YouTube channel
28 Hear what PTSD is like for Veterans	29 Mail or give out an AboutFace postcard	30 Explore our website to learn even more about PTSD				

THANK YOU FOR
HELPING SPREAD
THE WORD ABOUT
PTSD
AND EFFECTIVE
TREATMENTS
WWW.PTSD.VA.GOV