PTSD AWARENESS MONTH

Raise PTSD Awareness with

OUTREACH IDEAS FOR MENTAL HEALTH PROVIDERS

PTSD Awareness Month is a time to share resources about PTSD and effective treatment. We use this month to raise awareness about PTSD and connect individuals with treatment services. A key part of this goal is ensuring that individuals, friends and families have access to the resources they need. In addition, we want to remind you of some of the professional support materials we have to offer mental health providers.

Here are some ideas to get started in spreading the word about PTSD and effective PTSD treatment:

In Your Workplace

- **Host a talk.** The PTSD Awareness PowerPoint slide deck (PPTX - 8 MB) can be edited to meet the needs of your audience.
- **Set up an awareness booth or table to share materials.** You can order our printed items including free booklets, brochures and posters.
- **Post** our flyer **in approved areas** (ask permission first). Bathroom stall doors, department bulletin boards and entrance doors are great places to post information. Use our digital sign if your workplace has electronic bulletin boards.
- **Use our** drop-in blog post on your webpage, blog or newsletter.

In Your Clinics

- **Screen your patients for PTSD** during the month of June using the Primary Care PTSD Screen for DSM-5 (PC-PTSD5).
- **Help patients pick the treatment that's best** for them with the PTSD Treatment Decision Aid.

Continue Learning

- **Take a free** Continuing Education Course. More than 40 courses are available and most offer professional accreditation.
- **Register for our** Monthly Lecture Series. Webinars offer free continuing education credit. Join us online the third Wednesday of each month from 2-3 pm ET.
- **Call the** PTSD Consultation Program with a question. Any provider who treats Veterans with PTSD can ask a question or request consultation about PTSD-related issues. Consultation is free, and every question is valuable.
- Subscribe to the Clinician's Trauma Update Online to stay up to date with latest clinically relevant research and the PTSD Research Quarterly to read quarterly review articles on topics related to PTSD.