



P T S D A W A R E N E S S • J U N E 2 0 1 8

Learn

Connect

Share

HELP RAISE PTSD AWARENESS

Everyone makes a difference. Help us spread the word about PTSD and effective treatments.

Learn

PTSD Treatment Works

Discover the facts.

- Visit www.ptsd.va.gov to start with [PTSD Basics](#), key information about trauma, PTSD and treatment options. Take the [PTSD Overview Course](#) or other free, in-depth [Continuing Education Courses](#) (with the option to earn CE/CMEs).

Explore your options.

- Take the mystery out of PTSD treatment. Our short whiteboard video [PTSD Treatment: Know your Options](#) reviews the best treatments. And visit [AboutFace](#), a website where Veterans, their family members and clinicians talk about turning life around with PTSD treatment.

Connect

Reach Out to Someone

Help someone. Help yourself.

- Do you think you might have PTSD or know someone at risk? Take action for yourself or someone you care about. We outline steps to help you [know whether you might have PTSD](#) and locate [where to get help](#).

Give support. Get support.

- Managing PTSD can be easier with the support of others. If you are getting treatment, or have finished treatment, our [self-help information and tools](#) can help you manage stress. Caregivers can look to organizations that offer [support for family and friends](#) for tips on self-care too.

Share

Spread the Word

Pass along what you learn.

- Use [Facebook](#) or [Twitter](#) to share up-to-date information or ask us questions about PTSD and treatment. [Subscribe](#) to our email publications – PTSD Monthly Update, Clinician's Trauma Update-Online, and the PTSD Research Quarterly - and let others know they are free.

Work together.

- Join our PTSD Awareness campaign! We have [promotional materials](#) to help you organize an event or share information about PTSD and effective treatments.



YOU CAN MAKE A DIFFERENCE TODAY

For more information, visit www.ptsd.va.gov