VA | U.S. Department of Veterans Affairs

National Center for PTSD

Raise PTSD Awareness on

SOCIAL MEDIA

Thank you for supporting the VA's National Center for PTSD in our goal of ending the stigma surrounding PTSD by educating people on PTSD and PTSD treatment. The below social media posts can be shared on Facebook or X to spread the word: **#PTSDTreatmentWorks.**

You can follow the National Center for PTSD on Facebook @VAPTSD, X @VA_PTSD_Info, and Instagram @vaptsdinfo.

FACEBOOK

- Talking about PTSD helps reduce stigma. If a loved one has PTSD, let them know it's OK to talk about it. Learn more with resources from @VAPTSD: https://www.ptsd.va.gov/family/how_help.asp **#ptsdawarenessmonth**
- PTSD treatment works. Use @VAPTSD's PTSD Treatment Decision Aid to learn about and compare effective PTSD treatment options: https://www.ptsd.va.gov/apps/decisionaid/ **#ptsdawarenessmonth**
- PTSD can happen to anyone. Veterans from all walks of life share their stories of PTSD, treatment, and recovery on @VAPTSD's AboutFace. Visit the site to watch their stories: https://www.ptsd.va.gov/apps/aboutface/ **#ptsdawarenessmonth**
- @VAPTSD offers free and secure mobile apps to help cope with PTSD. These apps can help you track PTSD symptoms and improve your general well-being. Explore and download today: https://www.ptsd.va.gov/appvid/mobile/index.asp **#ptsdawarenessmonth**
- If you or someone you know has PTSD, you might have questions. @VAPTSD has resources that can help you find answers—like this short video: "PTSD Treatment: Know Your Options" https://www.youtube.com/watch?v=7ywmre5ohKU&t=2s **#ptsdawarenessmonth**

  **Instead of a graphic, this video will populate a preview on your Facebook page.*
- Asking for help is a sign of strength. You can start by taking a self-screen, developed by @VAPTSD, to learn if your thoughts and feelings may be related to PTSD: https://www.ptsd.va.gov/screen **#ptsdawarenessmonth #ptsdselfscreen**
- (Post this on 6/27): Today is National PTSD Screening Day. If you've experienced a trauma and think you may have PTSD, take @VAPTSD's PTSD self-screen by answering 5 questions about how you've felt in the past month: www.ptsd.va.gov/screen **#ptsdawarenessmonth #ptsdselfscreen**
- @VAPTSD's flagship app, PTSD Coach, was recently updated. It includes guided coping tools, symptom tracking, and resources to help you better understand your experiences. Explore and download the app: https://www.ptsd.va.gov/appvid/mobile/ptsdcoach_app.asp **#ptsdawarenessmonth**
- This June, make moves that matter. Join the @VAPTSD's Virtual Walk for PTSD Awareness Month and walk, bike or roll wherever you go – your neighborhood, a local trail or elsewhere. Every minute helps raise awareness and support those affected by PTSD.
  - You can participate on your own schedule, track your progress, and be part of a larger movement focused on connection and understanding around PTSD.
  - Invite a friend, a colleague, or your community to join you.
  - Sign up and print your bib: https://www.ptsd.va.gov/understand/awareness/virtual_walk.asp **#ptsdawarenessmonth**

X

- Help reduce the stigma around PTSD. If a loved one has PTSD, let them know it's OK to talk about it. Learn more with resources from @VA_PTSD_Info: https://www.ptsd.va.gov/family/ how_help.asp **#ptsdawarenessmonth**
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- Asking for help is a sign of strength. You can start by taking a self-screen, developed by @VA_PTSD_Info, to learn if your thoughts and feelings may be related to PTSD: https://www.ptsd.va.gov/screen **#ptsdawarenessmonth #ptsdselfscreen**
- (Post this on 6/27): A 5-question self-screen can help you determine if what you're feeling is related to PTSD. Take @VA_PTSD_Info's screen: www.ptsd.va.gov/screen **#ptsdawarenessmonth #ptsdselfscreen**
- @VA_PTSD_Info's flagship app, PTSD Coach, was recently updated. It includes guided coping tools, symptom tracking, and resources to help you better understand your experiences. Explore and download the app: https://www.ptsd.va.gov/appvid/mobile/ptsdcoach_app.asp **#ptsdawarenessmonth**
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