PTSD TREATMENT WORKS

2026

JUNE

PTSD Awareness Month

SPREAD THE WORD | RAISE AWARENESS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Step up and register for our Virtual Walk	**2** Use our image as your Social Media profile pic	**3** Share resources like the Veterans Crisis Line	**4** Download PTSD Coach mobile app	**5** Find support resources for disaster events	**6** Like our Facebook page
7 Get key information on trauma, PTSD and treatment	**8** Use the PTSD Treatment Decision Aid to compare options	**9** Share our video about PTSD symptoms on social media	**10** Learn how PTSD treatment can improve your daily life	**11** Take an online course or program	**12** Watch Veteran stories of recovery on AboutFace	**13** Follow us on Instagram
14 PTSD explained in 4 minutes: watch What is PTSD?	**15** Tag a #PTSDFact (PDF) on social media	**16** Learn about common reactions after trauma	**17** Find a PTSD provider	**18** Practice mindfulness	**19** *Juneteenth* Learn ways to cope with racial trauma	**20** Follow us on X
21 Read Understanding PTSD and PTSD Treatment (PDF)	**22** Watch our PTSD Playlist on YouTube	**23** Look at treatment data on the PTSD Repository	**24** Know how you can support a loved one with PTSD	**25** Learn about VA care for Veterans with PTSD	**26** Share a video about PTSD treatment options	**27** **PTSD Screening Day** Take the PTSD Self-Screen
28 Get tips for Parenting with PTSD	**29** Subscribe to our PTSD Update	**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

VA | U.S. Department of Veterans Affairs

National Center for PTSD