30 WAYS TO HELP RAISE AWARENESS FOR PTSD

It's *OK* to talk about PTSD—and every time we do, we raise awareness and understanding, providing support to those who have PTSD and their families. Every action counts. You can help by sharing easy-to-understand information and resources with the message: PTSD treatment works.

For more information about PTSD and effective treatments, visit: **ptsd.va.gov**

IN YOUR COMMUNITY

1. **Host a run, walk, or ride**: Plan an active event to raise awareness. Download our Step Up For PTSD Awareness event bib or order free materials from our GPO store.
2. **Team up with local businesses**: Partner with stores, offices, or organizations to post flyers about PTSD. Think about the places you visit frequently, like fitness clubs, coffee houses, or faith-based organizations, and ask if you can hang a PTSD awareness poster.
3. **Ask your library to help**: Knowledge is power! See if the library can display PTSD-related books and DVDs, or offer them a ready-made PTSD awareness poster that you can order for free from our GPO store.
4. **Screen videos from AboutFace**: Organize an in-person or virtual screening featuring AboutFace, a website full of videos of Veterans and their family members sharing their experiences with PTSD and recovery. Save time to discuss afterward.
5. **Share our public service announcement (PSA)**: Reach out to local media stations to share our video PSA about PTSD.
6. **Light up a landmark**: Contact local leadership to see if your town can light up buildings or public spaces in teal or purple, colors linked to PTSD awareness.
7. **Ask for creative submissions, like art or stories**: Work with a local community center, library, or publication and ask people to create art or stories about PTSD recovery. Share the entries to raise awareness.

WITH GOVERNMENT, POLICY MAKERS, AND HEALTH CARE PROVIDERS

8. **Ask to dedicate and promote an awareness month or observance**: Contact your governor, mayor, or other local official and ask them to declare June as PTSD Awareness Month using our sample proclamation.
9. **Visit your state capitol**: Invite others to call or visit lawmakers to advocate for those with PTSD. Start a conversation about how PTSD affects first responders, military families, and those who experience trauma in your community. Work together to find ways to increase awareness of and access to PTSD treatments.
10. **Host a meet-and-greet**: Bring community leaders and local mental health providers together to talk about PTSD. Brainstorm and share ways to help your community. Not sure where to start? Contact your local VA or Vet center.
11. **Schedule a webinar**: Partner with mental health groups to host online events that cover topics like PTSD basics, treatment options, and support strategies for caregivers and loved ones.
12. **Involve your faith groups**: Religious and spiritual communities can play a role in recovery for those with PTSD and their families. Talk to your clergy or spiritual leader about ways to share information, like PTSD awareness materials.
13. **Join a health fair**: If your community or local hospital hosts a health fair, team up with local experts (mental health providers or counselors) to share PTSD awareness materials.
14. **Lead a workshop**: Create a hands-on, fun, informative event, where local experts and medical professionals, or people who have recovered from PTSD, can talk about their experiences and how to help others.

ON SOCIAL MEDIA

15. **Share posts from the National Center for PTSD**: Follow us and share our posts on Facebook (@VAPTSD), Instagram (@vaptsdinfo), and X (@VA_PTSD_Info).
16. **Change your profile picture**: Show support for PTSD awareness by updating your profile picture with our "PTSD Awareness" images on Instagram and Facebook.
17. **Update your cover photo**: Support PTSD awareness using our custom cover images for Facebook and X.
18. **Post #PTSDFacts**: Share simple facts on your social networks using #PTSDAwareness and #PTSDFacts.
19. **Share images and infographics**: Download and post our images that explain: What is PTSD?; How Common is PTSD?; PTSD Treatment Works; How PTSD Treatment Can Help You; 8 Ways to Manage PTSD Symptoms
20. **Share short videos**: Post our video explainers about PTSD and treatments that work.
21. **Go live**: Host a live talk or Q&A session with a mental health expert in your community.
22. **Write an opinion piece**: Submit an op-ed article to your local newspaper or an online publication. Personal stories can make an impact and create support for those affected by PTSD. Include a call-to-action so people know how they can support PTSD awareness, too.

AT WORK OR SCHOOL

23. **Share wallet cards**: Carry some "Could it be PTSD?" wallet cards to give to others and spread awareness about self-screens for PTSD. Order for free from the GPO store.
24. **Use our digital sign**: Ask if your workplace or school will post our digital sign, sharing the message that PTSD treatment works, on their electronic bulletin board.
25. **Set up an info space**: Find a place to set up a PTSD awareness booth, table, or bulletin board to share posters, flyers, and brochures that provides people with information and resources about PTSD and PTSD treatment. Order print materials for free from the GPO store.
26. **Invite a speaker**: Ask a mental health care provider or peer support specialist from a VA facility to talk about PTSD in your classroom or staff meeting.
27. **Blog about PTSD**: Add our drop-in blog posts to your webpage or newsletter to help people learn about PTSD, its symptoms, and how treatment can help.
28. **Teach staff**: Plan a class or meeting to teach employees about PTSD, its symptoms, and ways to get help or support others.
29. **Add to employee wellness programs**: Ask if your workplace wellness program can include information about PTSD.
30. **Work with schools:** Help schools teach about stress, self-help, and healthy ways of coping.

Together, we can raise awareness and reduce stigma around PTSD and mental health treatment. For more information, and to find additional ways to support those affected by PTSD and their families, visit **ptsd.va.gov**