



P T S D A W A R E N E S S • J U N E 2 0 1 7

**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.

- Start with [PTSD Basics](#), key information about trauma, PTSD and treatment options. Download our [Understanding PTSD and PTSD Treatment](#) (PDF) brochure. For more advanced information, we offer many free, in-depth [Continuing Education Courses](#). Professionals can earn continuing education credits for most courses.

#### Explore your options.

- Take the mystery out of PTSD treatment. Watch our short whiteboard video [PTSD Treatment: Know Your Options](#) to learn which treatments are best and use the [PTSD Treatment Decision Aid](#) to find the treatment that is best for you. Or visit [AboutFace](#), a website where Veterans, their family members and clinicians talk about turning life around with PTSD treatment.

## Connect

### Reach Out

#### Help someone. Help yourself.

- Do you think you might have PTSD or know someone at risk? Take action. Find out [what to do if you think you have PTSD](#) and learn [where to get help](#).

#### Give support. Get support.

- If you are getting treatment, or have finished treatment for PTSD, we have [self-help tools](#) for managing stress. If someone you love has PTSD, get tips on how to take care of yourself while you support your loved one. See support for family and friends or get started with the [PTSD Family Coach mobile app](#).

## Share

### Spread the Word

#### Pass along what you learn.

- Connect with us on [Facebook](#) or [Twitter](#) to get 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, or PTSD Research Quarterly - and let others know they are free. Share this printable PDF to raise PTSD awareness.

#### Work together.

- Join our PTSD Awareness campaign! We have [tips and 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](http://www.ptsd.va.gov)