# Social Media Content – PTSD Screening Day

## Facebook

* Anyone who has experienced a trauma can develop PTSD. If you think you may have PTSD, start by answering 5 questions about how you’ve been feeling: [www.ptsd.va.gov/screen](http://www.ptsd.va.gov/screen)
* June 27 is PTSD Screening Day. If you’ve been struggling since experiencing a trauma, take a 5-question self-screen to determine if your feelings are related to PTSD: [www.ptsd.va.gov/screen](http://www.ptsd.va.gov/screen)
* PTSD treatment works. If you think you may have PTSD, take a PTSD self-screen and answer 5 questions about how you’ve felt in the past month: [www.ptsd.va.gov/screen](http://www.ptsd.va.gov/screen)
* June 27is PTSD Screening Day. If you can’t stop thinking about your trauma, take a 5-question self-screen to determine if it’s likely you have PTSD: [www.ptsd.va.gov/screen](http://www.ptsd.va.gov/screen)
* If you’ve been through a trauma and it’s affecting your daily life, take a PTSD screening questionnaire to see if you may have PTSD. It’s 5 questions. If you answer yes to 3 or more, reach out to a mental health care provider: [www.ptsd.va.gov/screen](http://www.ptsd.va.gov/screen)

## Twitter

* Anyone can develop PTSD after a trauma. And PTSD treatment works no matter what type of trauma you went through. Put your health first by taking a PTSD self-screen to determine if it’s likely you have PTSD: [www.ptsd.va.gov/screen](http://www.ptsd.va.gov/screen) #PTSDScreeningDay
* You don’t have to wait for #PTSDScreeningDay to take a PTSD self-screen. If you’re experiencing symptoms of PTSD, answer 5 questions about how you’ve felt in the last month: [www.ptsd.va.gov/screen](http://www.ptsd.va.gov/screen) #PTSDAwarenessMonth
* A 5-item PTSD screening questionnaire can help determine if you may have PTSD. Learn more and take the screen: [www.ptsd.va.gov/screen](http://www.ptsd.va.gov/screen) #PTSDScreeningDay
* Can’t stop thinking about your trauma? Feeling watchful and alert? These are symptoms of PTSD. Answering 5 questions about how you feel can help you take the first step toward treatment: [www.ptsd.va.gov/screen](http://www.ptsd.va.gov/screen) #PTSDScreeningDay
* June 27 is #PTSDScreeningDay. A 5-question self-screen can help you determine if what you’re feeling is related to PTSD. Learn more and take the screen: [www.ptsd.va.gov/screen](http://www.ptsd.va.gov/screen)

## Instagram

* Anyone can develop PTSD. If you’ve been through a trauma and are struggling, take a 5-question self-screen to determine if what you’re feeling is related to PTSD. Take the screen at the link in bio. #PTSDScreeningDay [www.ptsd.va.gov/screen](http://www.ptsd.va.gov/screen)
* June is PTSD Awareness Month and June 27 is PTSD Screening Day. A 5-question self-screen can help you determine if it’s likely you have PTSD. Learn more and take the screen at the link in bio. #PTSDScreeningDay [www.ptsd.va.gov/screen](http://www.ptsd.va.gov/screen)
* Answering 5 questions about how you’ve felt in the past month can help you determine if you may have PTSD. Take a self-screen this #PTSDScreeningDay and learn more at the link in bio. [www.ptsd.va.gov/screen](http://www.ptsd.va.gov/screen)
* Can’t stop thinking about your trauma? Take a PTSD self-screen by answering 5 questions about how you’ve felt in the past month. Learn more at the link in bio. #PTSDScreeningDay [www.ptsd.va.gov/screen](http://www.ptsd.va.gov/screen)
* June 27 is PTSD Screening Day, or you can take a PTSD screen at any time. Answer 5 short questions about how you feel, add up your “yes” answers, and talk to a mental health care provider. Take the screen at the link in bio. #PTSDScreeningDay [www.ptsd.va.gov/screen](http://www.ptsd.va.gov/screen)