

# JUNE

## June is PTSD Awareness Month

SPREAD THE WORD | RAISE AWARENESS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> Make the pledge to raise PTSD Awareness	<b>2</b> Use our <a href="#">image</a> as your Social Media profile pic	<b>3</b> Share resources like the <a href="#">Veterans Crisis Line</a>	<b>4</b> Download <a href="#">PTSD Coach</a> or <a href="#">PTSD Family Coach</a> mobile apps	<b>5</b> Listen and subscribe to the <a href="#">PTSD Bytes</a> podcast	<b>6</b> Like our <a href="#">Facebook</a> page	<b>7</b> Get key information on <a href="#">trauma</a> , <a href="#">PTSD</a> and <a href="#">treatment</a>
<b>8</b> Step up and register for our <a href="#">Virtual Walk</a>	<b>9</b> Share our <a href="#">video about PTSD symptoms</a> on social media	<b>10</b> Learn about and compare <a href="#">PTSD treatment options</a>	<b>11</b> Take an <a href="#">online course</a> or <a href="#">program</a>	<b>12</b> Share <a href="#">stories of Veterans</a> who have been there	<b>13</b> Learn about <a href="#">Medications</a> for PTSD	<b>14</b> PTSD explained in 4 minutes: watch <a href="#">What is PTSD?</a>
<b>15</b> Share our <a href="#">social media posts</a>	<b>16</b> Learn about <a href="#">common reactions after trauma</a>	<b>17</b> Find a <a href="#">PTSD therapist</a>	<b>18</b> Practice <a href="#">mindfulness</a>	<b>19 Juneteenth</b> Learn ways to cope with <a href="#">racial trauma</a>	<b>20</b> Follow us on <a href="#">X</a>	<b>21</b> Read <a href="#">Understanding PTSD and PTSD Treatment</a>
<b>22</b> Subscribe to our <a href="#">YouTube channel</a>	<b>23</b> Share <a href="#">this photo</a> on Instagram	<b>24</b> Hear what <a href="#">PTSD is like for family members</a>	<b>25</b> Learn <a href="#">how to talk to a Veteran</a> about mental health care	<b>26</b> Learn about <a href="#">evidence-based treatment</a>	<b>27</b> <b>PTSD Screening Day</b> Take the <a href="#">PTSD Self-Screen</a>	<b>28</b> Learn about <a href="#">how sleep affects PTSD</a>
<b>29</b> Subscribe to our <a href="#">PTSD Update</a>	<b>30</b> Explore <a href="#">our website</a> to learn even more about PTSD					

THANK YOU FOR  
HELPING SPREAD  
THE WORD ABOUT  
**PTSD**  
AND EFFECTIVE  
TREATMENTS  
[www.ptsd.va.gov](http://www.ptsd.va.gov)



U.S. Department  
of Veterans Affairs

