

June is PTSD Awareness Month

Post Traumatic Stress Disorder (PTSD) impacts millions of people and their families. After a traumatic event, most people have painful memories. For many people, the effects of the event fade over time. But for others, the memories, thoughts and feelings don't go away - even months or years after the event is over. Mental health experts are not sure why some people develop PTSD and others do not. If stress reactions do not improve over time and they disrupt everyday life, it is important to seek help to determine if PTSD is present.

The purpose of PTSD Awareness Month is to encourage everyone to raise public awareness of PTSD and effective treatments. We can all help those affected by PTSD.

"Raising PTSD awareness is essential to overcoming the myth, misinformation and stigma surrounding this mental health problem" said the former Secretary of Veterans Affairs, Robert A. McDonald. "We encourage everyone to join us in this important effort."

[PTSD Resources](#)

[Veteran Crisis Line](#)

Connects Veterans in crisis and their families and friends through a confidential toll-free hotline, online chat, or text.

[PTSD United](#)

Dedicated to providing support and resources for sufferers of PTSD, their families and caregivers, and anyone interested in learning more about Post Traumatic Stress.

[PTSD: National Center for PTSD](#)

Information to help find local mental health services and information on trauma and PTSD.

[Healing Warrior Hearts](#)

Provides programs for military personnel and their families, dedicated to healing the emotional, moral and spiritual wounds of war.

[Soldier's Heart](#)

Provides retreats, family support groups, and education and consultation to those impacted by post-traumatic stress.

[Operation We Care - Healing with Horses](#)

A free Equine Assisted Therapy (EAP) program for veterans.