

June is National PTSD Awareness Month

About half of all U.S. adults will experience at least one traumatic event in their lives.

Afterwards, most people think, act, and feel differently than usual. But if their reactions don't improve after a few weeks or months, they may have Post Traumatic Stress Disorder (PTSD).

PTSD can happen to anyone at any age. This includes war veterans, children, and anyone else who has experienced a shocking, scary, or dangerous event, such as physical, verbal, and sexual assault, combat, car accident, natural disaster, or the unexpected death of a loved one.



Caring Relationships Make a Positive Difference

Studies show that caring relationships make a positive impact on those living with PTSD—they recover faster when they have love and support from friends and/or family. In addition, community connectedness and support, like that found in faith communities, can play an important role in the long-term recovery of those living with PTSD.

During National PTSD Awareness Month, your congregation or community organization can show support for those living with PTSD by:

- **Participating** in the [STEP UP for PTSD Awareness virtual walk](#)
- **Sharing** the [SAMHSA treatment locator](#), [PTSD Awareness Month Calendar](#), [print materials](#), [videos](#), and other [PTSD resources](#) in your newsletter, bulletin, or social media sites
- **Learning** about the [causes, symptoms, and treatments of PTSD](#)
- **Inviting** mental health experts to speak with your congregation
- **Offering** your organization's meeting spaces for community gatherings and support groups
- **Hosting** a [community conversation](#) about mental health
- **Reminding** those living with PTSD that [people can and do recover](#) and that [help is available](#) and effective

Sources:

- [National Institute on Mental Health](#)
- [How Common is PTSD in Adults? - PTSD: National Center for PTSD \(va.gov\)](#)
- [For Community and Faith Leaders | MentalHealth.gov](#)

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