

# JUNE

## June is PTSD Awareness Month

SPREAD THE WORD. RAISE AWARENESS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CONNECT	LEARN	PARTNER	SHARE	REACH OUT	GIVE SUPPORT	GET SUPPORT
		<b>1</b> <a href="#">Take the pledge to raise PTSD Awareness</a>	<b>2</b> <a href="#">Use our image as your Social Media profile pic</a>	<b>3</b> <a href="#">Share resources like the <u>Veterans Crisis Line</u></a>	<b>4</b> <a href="#">Download <u>PTSD Coach</u> or <u>PTSD Family Coach</u> apps</a>	<b>5</b> <a href="#">Text a Veteran</a>
<b>6</b> <a href="#">Like our <u>Facebook page</u></a>	<b>7</b> <a href="#">Get key information on <u>trauma, PTSD and treatment</u></a>	<b>8</b> <a href="#">Find or host a PTSD Awareness Event</a>	<b>9</b> <a href="#">Share our <u>video about PTSD symptoms</u> on Facebook</a>	<b>10</b> <a href="#">Learn about and compare <u>PTSD treatment options</u></a>	<b>11</b> <a href="#">Take an <u>online course or program</u></a>	<b>12</b> <a href="#">Share <u>stories of Veterans</u> who have been there</a>
<b>13</b> <a href="#">Subscribe to our <u>PTSD Monthly Update</u></a>	<b>14</b> <a href="#">Watch <u>What is PTSD?</u> PTSD explained in 4 minutes</a>	<b>15</b> <a href="#">Share our <u>social media posts</u></a>	<b>16</b> <a href="#">Retweet one of our <u>#PTSDAwareness tweets</u></a>	<b>17</b> <a href="#">Find a local <u>PTSD therapist</u></a>	<b>18</b> <a href="#">Practice <u>mindfulness</u></a>	<b>19</b> <a href="#">Ask a Veteran how they are doing</a>
<b>20</b> <a href="#">Follow us on <u>Twitter</u></a>	<b>21</b> <a href="#">Read <u>Understanding PTSD and PTSD Treatment</u></a>	<b>22</b> <a href="#">Order our <u>What is PTSD? card</u> to share</a>	<b>23</b> <a href="#">Share <u>this photo</u> on Instagram</a>	<b>24</b> <a href="#">Hear what <u>PTSD is like for family members</u></a>	<b>25</b> <a href="#">Learn <u>how to talk to your Veteran</u> about mental health care</a>	<b>26</b> <a href="#">Share our <u>webpage</u> with a Veteran</a>
<b>27</b> <a href="#">Subscribe to our <u>YouTube channel</u></a>	<b>28</b> <a href="#">Hear what <u>PTSD is like for Veterans</u></a>	<b>29</b> <a href="#">Mail or give out an <u>AboutFace postcard</u></a>	<b>30</b> <a href="#">Explore <u>our website</u> to learn even more about PTSD</a>			



U.S. Department  
of Veterans Affairs



National Center for  
PTSD  
POSTTRAUMATIC STRESS DISORDER