

Raise PTSD Awareness with

SOCIAL MEDIA POSTS

For use in spreading the word about PTSD, below are Facebook and Twitter posts. Find graphics at https://www.ptsd.va.gov/understand/awareness/promo_materials.asp. Follow the National Center for PTSD on Facebook and Twitter (links at the bottom of our website www.ptsd.va.gov).

Facebook

- June is PTSD Awareness Month! Help raise PTSD awareness and spread the word with @VAPTSD's resources: https://www.ptsd.va.gov/understand/awareness/promo_materials.asp.
- PTSD treatment works. During PTSD Awareness Month, learn about and compare effective treatment options with @VAPTSD's PTSD Treatment Decision Aid: <https://www.ptsd.va.gov/apps/Decisionaid/>.
- Give support. Get support. During PTSD Awareness Month, reach out and help a loved one living with PTSD. Learn more @VAPTSD: https://www.ptsd.va.gov/family/how_help.asp
- June is PTSD Awareness Month. Join the national conversation @VAPTSD and learn about PTSD and effective treatments: <https://www.facebook.com/VAPTSD>.
- Treatment helped turn these Veterans' lives around, and it can help you too. During PTSD Awareness Month, watch their stories and take action @ VAPTSD: <https://www.ptsd.va.gov/apps/AboutFace/>.
- If your loved one has PTSD, you need support too. Download VA's PTSD Family Coach https://www.ptsd.va.gov/appvid/mobile/familycoach_app.asp to learn about PTSD, how to take care of yourself, manage relationships, and how to help your loved one get the treatment they deserve.

Twitter

- June is PTSD Awareness Month! Help raise #PTSD awareness with @VA_PTSD_Info's resources: https://www.ptsd.va.gov/understand/awareness/promo_materials.asp.
- #PTSD treatment works. During PTSD Awareness Month, use @VA_PTSD_Info's PTSD Treatment Decision Aid to learn about and compare treatment options: <https://www.ptsd.va.gov/apps/Decisionaid/>.
- Give support. Get support. During PTSD Awareness Month, help a loved one living with #PTSD, and remember to practice #selfcare. Learn more @ VA_PTSD_Info: https://www.ptsd.va.gov/family/how_help.asp.
- June is PTSD Awareness Month. Learn what #PTSD is, who it affects, and how it can be treated. Join the national conversation on @VA_PTSD_Info's Facebook page: <https://www.facebook.com/VAPTSD>.
- These #Veterans turned their lives around with #PTSD treatment, and you can too. During PTSD Awareness Month, watch their stories and take action @VA_PTSD_Info: <https://www.ptsd.va.gov/apps/AboutFace/>
- Take @VA_PTSD_Info's free online courses during PTSD Awareness Month and throughout the year if your loved one has #PTSD: <https://www.ptsd.va.gov/appvid/courses.asp>.