

JUNE IS PTSD MONTH

POSTTRAUMATIC STRESS DISORDER (PTSD)

June is PTSD Awareness Month. Post Traumatic Stress Disorder (PTSD) is caused by experiencing or seeing a life-threatening event. While it is normal to have a stress response to these events, if symptoms last more than a few months and are causing difficulty living a full and productive life, you could be experiencing PTSD.



PTSD Symptoms might include: feeling on edge, trouble sleeping, feeling unsafe, upsetting memories, severe emotional distress or physical reactions, avoidance of anything that reminds you of the traumatic event, and negative changes in thinking and mood.

If you have had these symptoms for more than a month, if they are severe, or if you feel like you cannot get your life back under control, please connect with your doctor or mental health professional.

ABOUT 8 MILLION PEOPLE IN THE UNITED STATES SUFFER FROM PTSD AND MOST GO UNTREATED.

[The National Center for PTSD](#) is spreading the word that effective PTSD treatments are available, they really do work, and can lead to a better quality of life.

Join the National Center for PTSD in these three PTSD Awareness activities in June:

1. Make the Raise [PTSD Awareness Pledge](#)
2. Register for a [Virtual Walk](#)
3. Take a PTSD Self-Screen on [PTSD Screening Day: June 27th](#)

If you or someone you know may be suffering from PTSD, please reach out to your doctor or other mental health professional. The National Center for PTSD has also offered some [Self-Help and Coping Strategies](#). Help is available and is amazingly effective!

