

June is PTSD Awareness Month

The month of June is recognized as post-traumatic stress disorder (PTSD) Awareness Month. According to the **U.S. Department of Veterans Affairs – National Center for PTSD**, symptoms of PTSD often start right after a traumatic event. However, they note that for some individuals it can take a few months for symptoms to start. In all cases there are four types of symptoms, and a PTSD diagnosis requires each of these types of symptoms:

- Reliving the event (i.e. nightmares, flashbacks, trauma reminders).
- Avoiding things or people that remind you of the event.
- Having more negative thoughts or feelings than before the event.
- Feeling on edge or keyed up (i.e. your world around you feels unsafe).

PTSD Screening Day is June 27, 2024, and the National Center for PTSD has an online screening survey available at www.ptsd.va.gov/screen. This screening will only take 3-5 minutes to complete so that the individual can learn if there is potentially a PTSD diagnosis to follow up on. **Please share this information with members and individuals** you think could benefit from this quick screening.

Additional helpful resources related to PTSD are available at www.ptsd.va.gov and include:

- Understanding PTSD
- Treatment options
- How to find help now
- Provider resources
- Veteran resources
- Helpful videos and apps