

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Make the <u>pledge</u> to raise PTSD Awareness	2 Use our <u>image</u> as your Social Media profile pic	3 Share resources like the <u>Veterans Crisis Line</u>
4 Download <u>PTSD Coach</u> or PTSD Family Coach mobile app	5 Listen and subscribe to the PTSD Bytes <u>podcast</u>	6 Like our <u>Facebook</u> page	7 Get key information on trauma, PTSD and <u>treatment</u>	8 Step Up and register for our <u>Virtual Walk</u>	9 Share our <u>video about</u> PTSD symptoms on social media	10 Learn about and compare PTSD <u>treatment options</u>
11 Take an <u>online course</u> or <u>program</u>	12 Share <u>stories of</u> Veterans who have been there	13 Pride Month: Share <u>resources</u> for LGBTQ+ Veterans	14 PTSD explained in 4 minutes: watch <u>What is PTSD?</u>	15 Share our <u>social media</u> posts	16 Learn about <u>common</u> reactions after <u>trauma</u>	17 Find a PTSD <u>therapist</u>
18 Practice <u>mindfulness</u>	19 Juneteenth Learn ways to cope with <u>racial trauma</u>	20 Follow us on <u>Twitter</u>	21 Read <u>Understanding PTSD and PTSD Treatment</u>	22 Subscribe to our <u>YouTube channel</u>	23 Share <u>this photo</u> on Instagram	24 Hear what PTSD is like for <u>family members</u>
25 Learn <u>how to talk</u> to a Veteran about mental health care	26 Learn about <u>evidence-based</u> <u>treatment</u>	27 PTSD Screening Day Take the PTSD <u>Self-Screen</u>	28 Learn about <u>how</u> <u>sleep affects PTSD</u>	29 Subscribe to our <u>PTSD Monthly Update</u>	30 Explore <u>our website</u> to learn even more about PTSD	