# Partner Toolkit: Social Media Messages

Please use the messages below to share PTSD information and resources with your audiences on Facebook and Twitter.

To attach the provided graphics, save them on your computer. You can then upload them to your Facebook/Twitter posts along with the provided text. The graphics are numbered to correspond to the appropriate social media posts (i.e. “SocialMediaGraphic01” goes with Facebook and Twitter message “01”).

To attach the video to Facebook/Twitter Post 5, please click [here](https://www.ptsd.va.gov/appvid/video/index.asp) to visit the whiteboard video landing page on the NCPTSD website. Click the first video titled “What is PTSD?” and use the link at the bottom of the pop-up window to download the video to your computer. You can then attach the downloaded video to your Facebook/Twitter post with the provided text below.

## Facebook

1. If you are considering PTSD treatment, @VAPTSD can help you understand your options: <https://www.ptsd.va.gov/understand_tx/tx_basics.asp>
2. If you’ve ever been through a traumatic event and think you may have PTSD, take the time to learn more through @VAPTSD’s PTSD Treatment Decision Aid and see how it could help you: <https://www.ptsd.va.gov/apps/decisionaid>
3. About 8 million adults have PTSD during any given year, but @VAPTSD has resources that can help: <https://www.ptsd.va.gov/index.asp>
4. If you or someone you know has experienced trauma, it’s important to watch for the signs and symptoms of PTSD. Learn about the symptoms and treatment options from @VAPTSD <https://www.ptsd.va.gov/index.asp>
5. Watch the “What is PTSD?” video from @VAPTSD to learn the basics of PTSD and the four types of symptoms that go with it.

## Twitter

1. If you are considering #PTSD treatment, @VA\_PTSD\_Info can help you understand your options: <https://www.ptsd.va.gov/understand_tx/tx_basics.asp>
2. If you’ve been through a trauma and think you may have #PTSD, take the time to learn more through @VA\_PTSD\_Info #PTSD Treatment Decision Aid and see how it could help you: <https://www.ptsd.va.gov/apps/decisionaid/>
3. Did you know that 8 million adults have #PTSD during any given year? @VA\_PTSD\_Info has resources that can help: <https://www.ptsd.va.gov/index.asp>
4. If you or someone you know has experienced trauma, it’s important to watch for the signs and symptoms of #PTSD. Learn about PTSD symptoms and treatment options from @VA\_PTSD\_Info <https://www.ptsd.va.gov/index.asp>
5. Watch the “What is PTSD?” video from @VA\_PTSD\_Info to learn the basics of #PTSD and the four types of symptoms.