

# June

# 2019

## PTSD AWARENESS MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 June is Post Traumatic Stress Disorder Month
2	3	4	5 <b>What is PTSD?</b> <a href="https://www.ptsd.va.gov/understand/what/ptsd_basics.asp">https://www.ptsd.va.gov/understand/what/ptsd_basics.asp</a>	6 A mental health problem that some people develop after experiencing or witnessing a life-threatening event.	7	8 Do you know that nightmares can be a symptom of PTSD? <a href="https://www.ptsd.va.gov/understand/what/ptsd_basics.asp">https://www.ptsd.va.gov/understand/what/ptsd_basics.asp</a>
9	10		12	13	14	15
16	<b>Post-Traumatic Stress Disorder Awareness</b>		19	20 Who can develop PTSD? Anyone at Any age.	21	22
23 Can people with PTSD get better? Yes.			24	25	26	27
30						29

For more information visit [https://www.ptsd.va.gov/understand/what/ptsd\\_basics.asp](https://www.ptsd.va.gov/understand/what/ptsd_basics.asp)