

JUNE IS

# PTSD AWARENESS MONTH



## NOT ALL WOUNDS ARE VISIBLE

An estimated 12 million people in the United States are living with PTSD, facing daily challenges that often go unnoticed. Despite the proven effectiveness of treatments in bringing about significant improvements in their quality of life, many individuals struggle silently without seeking help. The U.S. Department of Veteran Affairs stands committed to spreading awareness about PTSD and ensuring access to vital resources and treatments. It's essential for all those affected by PTSD, whether Veterans or civilian survivors of trauma, to know that help is available and treatment can lead to a brighter, more hopeful future.

The NJ Department of Military and Veteran Affairs is steadfast in its commitment to raising awareness about PTSD, not just this month, but every month. We invite you to join us in our efforts to spread awareness and make resources more accessible by simply sharing with someone in need. Every action, no matter how small, contributes to meaningful change and a better tomorrow. Together, we can make a difference.

### Understanding PTSD Booklet

#### Understanding PTSD and PTSD Treatment



### PTSD and Effective Treatments



**Whiteboard Videos**  
Watch our educational whiteboard videos for the Public and Veterans. The following short animated videos use hand-drawn images to help you learn about PTSD and effective treatments.

### Treatment Decision Aid



All resources are provided by the National Center for PTSD and the U.S. Department of Veteran Affairs

In observance of PTSD Awareness Month, the NJ Department of Military and Veteran Affairs reaffirms its dedication to aiding individuals impacted by PTSD. If you or someone you know is grappling with symptoms of PTSD, please know that support is within reach. This month is devoted to heightening awareness and bridging the divide between those in need and the invaluable resources available. New Jersey provides a multitude of options for anyone seeking assistance with PTSD. We urge you to explore the resources below and extend this information to others who may find it beneficial.

### Resources:



U.S. Department of Veterans Affairs

PTSD: National Center for PTSD | New Jersey



STATE OF NEW JERSEY  
DEPARTMENT OF HUMAN SERVICES  
DIVISION OF MENTAL HEALTH AND ADDICTION SERVICES

Department of Human Services | Division of Mental Health and Addiction Services



Mental Health Association in New Jersey, Inc.

Proud Affiliate of Mental Health America

NJ Hope and Healing | Mental Health Association in New Jersey, Inc.



NJ Vet2Vet | Phone Support: 1-866-838-7654



988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones



Save NJ Vets | Governor's Challenge to prevent suicides among Service Members, Veterans & their families.