



June is PTSD Awareness Month!

“When in danger, it’s natural to feel afraid. This fear triggers many split-second changes in the body to prepare to defend against the danger or to avoid it. This “fight-or-flight” response is a healthy reaction meant to protect a person from harm. But in post-traumatic stress disorder (PTSD), this reaction is changed or damaged. People who have PTSD may feel stressed or frightened even when they’re no longer in danger.” - National Institute of Mental Health

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5 Cancer Survivors Day	6	7	8	9	10	11
12 Abused Women and Children’s Awareness Day	13	14	15	16	17	18
19 Family Awareness Day	20	21	22	23	24	25
26 Forgiveness Day	27	28	29	30		

- ### Community Resources
- [PTSD Foundation of North Central CT Facebook Page](#)
 - [DMHAS: Meeting the Needs of Trauma Survivors](#)
 - [The Connecticut Military Support Program](#)
 - [CT Network of Care](#)

- ### Online Resources
- [Courage to Talk Campaign](#)
 - [NCTSN Military Families Learning Community](#)
 - [Comforting Children in a Disaster](#)
 - [AboutFace YouTube Videos](#)

- ### Online Resources
- [PTSD Awareness Flyer](#)
 - [PTSD Customizable Flyer](#)
 - [Help Raise Awareness](#)
 - [PTSD Widgets and Badges](#)
 - [PTSD Awareness Month Graphic](#)

#PTSDAwarenessMonth

#EndStigma

#PTSD

#TraumaResearch