

The image is a horizontal banner. On the left, there is a blue rectangular area containing the Aetna logo in white. To the right of the logo, there is a photograph of a soldier in a tan uniform, seen from the back, saluting the American flag. The flag is partially visible, showing the stars and stripes. The background of the photograph is a clear blue sky.

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## June is National PTSD Awareness Month

You can help raise awareness of post-traumatic stress disorder (PTSD) and effective PTSD treatments by getting involved in spreading the word about PTSD treatment and recovery.

PTSD can occur in anyone who has experienced a traumatic event. Violence, abuse, natural disaster, terrorism and war are all potential catalysts for the development of PTSD.

### **Go online to learn more**

Visit the National Center for PTSD's [website](#) throughout June for resources, links, and stories about PTSD, both for the public and mental health professionals.

You can make a difference today.