

AAMU Department of Psychology & Counseling

presents

PTSD NATIONAL SCREENING DAY CAMPUS WELLNESS



PTSD?

Post-Traumatic Stress Disorder (PTSD) is a mental health condition triggered by experiencing or witnessing a traumatic event, leading to severe anxiety, flashbacks, nightmares, and uncontrollable thoughts about the event.

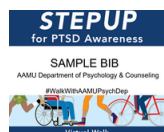
EVENTS

Myths

Myth 1: PTSD only affects soldiers.
Myth 2: People with PTSD are violent and dangerous.
Myth 3: PTSD cannot be treated.

**Join us to learn the facts for these
Myths**

PTSD "STEPUP" WALK



Step Up for PTSD Awareness Virtual Walk. Sign up below to receive a bib, learn more and show your support.

[SIGN UP HERE](#)



6/27

10am - 12pm



In Person & Virtual Screenings

Experience our in-person PTSD screening and support at AAMU, with the option for a private virtual session to receive personalized resources and guidance.

Effective Treatments for PTSD Webinar

6/28
5pm - 6pm



This webinar will cover the effectiveness of PTSD treatments, compare them to treatments for other disorders like depression, and explore emerging areas, while also addressing training practice gaps and outlining practice guidelines.

Break the Silence: Join Us for PTSD Awareness Month at AAMU!"
Healing Begins with Understanding.

CAN'T MAKE IT?

[PTSD Self Screening](#)

[PTSD Information Video](#)



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