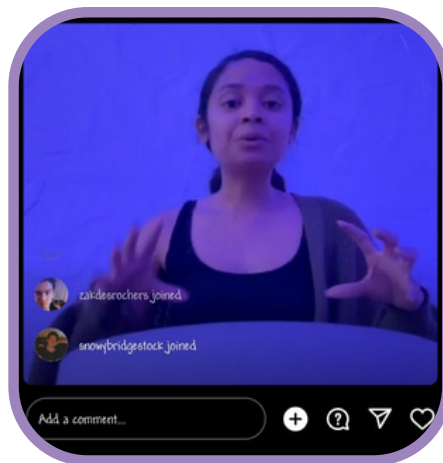
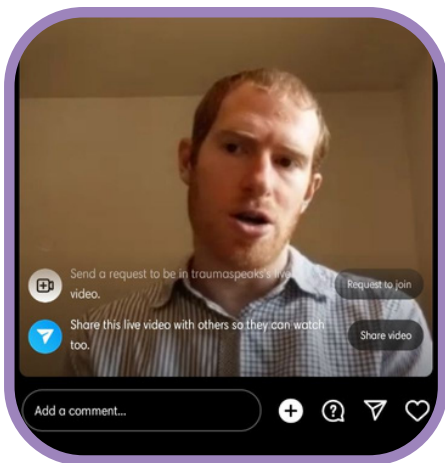


# June Newsletter



June is National PTSD Awareness Month, and it's a time dedicated to helping people find support for Post-traumatic stress disorder (PTSD). PTSD is a stress-related condition that may occur when an individual experiences serious injury, violence, trauma, or perceived threat. This causes negative long-term effects on an individual's health and functioning. It's important that appropriate treatment plans are utilized when seeking help.

## Amazing Mental Health Fest!



Our annual Mental Health Fest is officially over and we are so grateful to everyone who was part of it! We discussed mindfulness, trauma, living with OCD, and many other topics with our wonderful hosts who were extremely knowledgeable in their area of focus. If you missed any of the speakers or would like to watch them again, we have them posted on our [Instagram](#). They will also be available on our website along with any included resources and materials.

## Join Our Community

You can always subscribe to our newsletter and follow us on social media to be a part of our community! Keep up with our latest events, blog posts, podcast episodes, and more!

Check out our latest article on our blog about mental health and diet [here!](#)

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