

Welcome to Our PTSD Outreach Project on Twitter

On Twitter #SOT means *Support Our Troops*

Hi everybody!

Every five or six weeks our #SOT Team comes together for a concerted volunteer outreach effort about combat PTSD.

We want to raise awareness about the effects of combat induced PTSD on our troops, veterans, and their families.

We do this through our outreach efforts on Twitter and Facebook. For the past six months each of us passes on links to two FREE ebooks about combat PTSD.

In 2011 we will begin sharing other kinds of information. We want to get the word out about how combat induced PTSD in a parent affects families, and especially children.

Each Friday and Monday it is my privilege to recognize and honor those who consistently support this out reach effort for our troops, veterans and their families.

If you want to join our volunteer efforts please send your Twitter handle or Facebook address to akvet@gmx.com

We have learned that email is a much easier way to coordinate our efforts than trying to reach everyone by direct message on Twitter.

How do we get the word out about combat PTSD?

- 1. A link and a sample tweet for each of the two FREE ebooks is provided below.**
- 2. During the designated time our #SOT Team volunteers tweet the sample tweets, and FREE ebook links for each of the two FREE ebooks, twice per day. (Some people prefer to be more active than this, and for that we are especially grateful.)**
- 3. Volunteers who feel that the content is important and appropriate for their Facebook account place the information and links on their Facebook Wall twice each day during the coordinated project periods.**

This is how you can help with our effort to raise awareness about combat PTSD

Example

1. Copy and save the following two tweets to be sent between February 1st and February 4th.

- Below is the link for the FREE ebook *Life After Combat*

This FREE ebook describes the process of being traumatized by combat <http://www.scribd.com/doc/29159871/Life-After-Combat> #PTSD #SOT

- Below is the link for the FREE ebook describing the inner journey toward recovery from combat induced PTSD *When Our Troops Come Home*

This FREE ebook was written while @akvet was recovering from his own combat induced PTSD
<http://www.scribd.com/doc/29665420/When-Our-Troops-Come-Home> #PTSD #SOT

Both Twitter and Facebook will automatically shorten these links.

- To ask others to help with this outreach project send this tweet.

To support our troops, veterans, and their families suffering from PTSD please join this volunteer effort
<http://whenourtroopscomehome.com/SOT.htm>

- To listen to the audio Q&A series with two active duty military wives talking about the challenges that combat PTSD presents to marriages and relationships send the following note to akvet@gmx.com

Please send me the link to the 15 current conversations, and notify me of the additional conversations added to the PTSD Q&A series "*Heart Conversations.*"

Thank you for your help with this PTSD awareness effort for our warriors, their families, and their loved ones.

Ken

On Twitter [@akvet](#)

On Facebook [Ken Jones](#)

On LinkedIn [Ken Jones, PhD](#)

Advocate, speaker, and author of content supporting our troops, veterans, and their families who continue to live with the effects of combat induced post traumatic stress.

***** *I am not a clinician.* The information I provide about combat PTSD and recovery is based on my personal experience as a Viet Nam combat veteran with 40+ years of living with PTSD.**