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Thank you for your interest in the *AboutFace* project.

We hope that you will collaborate with us to help Veterans and others who are struggling with PTSD. As you may know, PTSD is the most prevalent mental health challenge faced by our Nation's Veterans. We at the National Center for PTSD want to encourage all Veterans to seek the effective PTSD treatments that are available to them. To do this, we launched *AboutFace*, an online, educational resource that highlights how treatment for PTSD can turn your life around.

AboutFace features firsthand testimonials from Veterans spanning six decades of military service. Each of them has lived with and then faced PTSD by choosing treatment. These Veterans compassionately share the intimate details of their own struggles. Their message: facing stigma and fear to take that very difficult first step does not have to be done alone. Collectively, the Veterans reinforce that healing is a process, and that PTSD treatment pushed each of them in a positive, even life saving, direction.

AboutFace invites the viewer to get to know each Veteran and hear his or her thoughts about PTSD symptoms, the effects on loved ones and what ultimately led them to seek treatment. The straight talk from the Veterans is genuine, and will help others to follow suit to get their lives back on track.

The most powerful aspect of this project is the courage of the men and women who truly want to help other Veterans get the help they deserve. By sharing their stories, the Veterans have done their part. Now it is up to us to help them make a difference. Put their words into action...share *AboutFace*.

Thank you for your support in sharing *AboutFace* with our deserving Veterans.

The Staff at the VA's National Center for PTSD



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