

**PROCLAMATION FOR  
POSTTRAUMATIC STRESS DISORDER AWARENESS MONTH  
JUNE 2021**

**WHEREAS, Posttraumatic Stress Disorder (PTSD)** affects people of all ages and can occur after a person experiences trauma including, but not limited to the stress of combat, rape, sexual assault, child abuse, bombings, accidents and natural disasters, and affects approximately 8 million people in the United States annually; and

**WHEREAS, PTSD** is associated with chemical changes in the body's hormonal system and autonomic nervous system, and is characterized by symptoms including flashbacks, nightmares, insomnia, avoidance, hypervigilance, anxiety, and depression; and

**WHEREAS,** The brave men and women of the United States Armed Forces, who proudly serve the nation and risk their lives to protect our freedom, deserve the investment of every possible resource to ensure their lasting physical, mental, and emotional well-being; and

**WHEREAS,** Combat-related **PTSD** stress among our men and women in the Armed Forces is significantly pronounced, given that they are often exposed to highly traumatic events for weeks, months, and even years; and

**WHEREAS,** Between 10 and 30 percent of service members will develop **PTSD** within a year of leaving combat, while others may not develop symptoms until years later; and

**WHEREAS,** Despite its treatability, many cases of PTSD remain undiagnosed and untreated due to a lack of awareness of this condition and the persistent stigma associated with mental health conditions; and

**WHEREAS,** Raising awareness of this condition is necessary to remove the stigma and to encourage those suffering to seek proper and timely treatment that may save their lives. It is up to each of us to know that the PTSD Assessment form is a major tool to seek medical assistance; and

**WHEREAS,** All citizens suffering from **PTSD** deserve our consideration, and those who are affected by **PTSD** from wounds received while protecting our freedom, deserve our respect and special honor;

**NOW, THEREFORE, BE IT RESOLVED,** that the City Council of the City of Troy recognizes **June 2021 as Posttraumatic Stress Disorder Month** to bring awareness to those with **PTSD** and to encourage people to reach out to their fellow citizens to provide support and remove the stigma associated with this disorder; and

**BE IT FURTHER RESOLVED,** That we call upon our citizens, public and private institutions, businesses and schools to recommit our state to increasing awareness and understanding of **Posttraumatic Stress Disorder**, and the need for appropriate and accessible services for all people with **PTSD** to promote recovery.

**Presented this 14<sup>th</sup> day of June 2021**