



Proclamation recognizing June as PTSD Awareness Month

WHEREAS, Posttraumatic Stress Disorder (PTSD) can occur after a person experiences trauma including, but not limited to, the stress of combat, bombings, accidents, and natural disasters, and affects approximately eight-million adults 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 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, 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; and

WHEREAS, all citizens who have 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 I, Mayor Amanda Pillion, do hereby proclaim the month of June "PTSD Month" and June 27 as "National Posttraumatic Stress Disorder Day" in the Town of Abingdon 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.

A handwritten signature in black ink, appearing to read "Amanda Pillion", is written over a horizontal line.

Mayor Amanda Pillion