



County Commissioners of Charles County

PROCLAMATION 2024-55

Post-Traumatic Stress Disorder (PTSD) Awareness Month

WHEREAS, Posttraumatic Stress Disorder (PTSD) is a mental health condition that 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 12 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 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 50 to 60 percent of service members will develop PTSD, 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; 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, WE, THE COUNTY COMMISSIONERS OF CHARLES COUNTY, MARYLAND, do hereby proclaim June 2024 as **Post-Traumatic Stress Disorder Awareness Month** in Charles County and encourage people to reach out to their fellow residents to provide support and remove the stigma associated with this disorder.

COUNTY COMMISSIONERS OF
CHARLES COUNTY, MARYLAND

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Attest:

Christina Elkins, Assistant Clerk to the Commissioners