PROCLAMATION
PTSD AWARENESS MONTH
JUNE 2019

WHEREAS, posttraumatic stress disorder, known as PTSD, is a mental health condition that is triggered by one or more traumatic events that "shock the conscience" and is persistently re-experienced in one's life through flashbacks, dreams, and intense psychological distress; and

WHEREAS, in 1980, PTSD was recognized as a disorder with specific symptoms that could be reliably diagnosed and was added to the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders; and

WHEREAS, PTSD is recognized as a psycho-biological disorder that can affect first responders and survivors of combat experience, terrorist attacks, natural disasters, assault or abuse, or sudden and major emotional losses; and

WHEREAS, PTSD affects approximately 7.7 million American adults in a given year and without intervention, PTSD can lead to substance use and abuse, heart attacks, stroke, depression, anxiety, and suicide; and

WHEREAS, upwards of 20% of military Veterans are diagnosed with PTSD, and approximately 6,000 Veterans die from suicide every year, a study of 4,000 First Responders found that 86% had experienced critical stress, with a vast percentage being diagnosed with PTSD and Firefighter and Police Officer suicides now outnumber line-of-duty deaths; and

NOW THEREFORE, it is the City of Stuart's priority to provide Crisis/Transcrisis/PTSD/and Suicide Awareness training, including ongoing support for our First Responders and by also raising public awareness of this condition we can facilitate compassion, training, and treatment options, I, REBECCA S. BRUNER, Mayor of the City of Stuart, hereby proclaim June 2019 as:

PTSD AWARENESS MONTH

IN WITNESS WHEREOF, I have hereunto set my hand and caused the seal of the City of Stuart to be affixed this 20th day of May, 2019.

ATTEST:

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REBECCA S. BRUNER
MAYOR