



County Commissioners of Charles County

PROCLAMATION 2025-45

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, but not limited to the stress of combat, 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 has symptoms including flashbacks, nightmares, insomnia, avoidance, hypervigilance, anxiety, and depression which can severely disrupt a person's daily life, work and relationship; 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 significant, 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, Charles County is dedicated to supporting Veterans, First Responders, and all residents by raising awareness, providing education and facilitating access to needed care that may remove the stigma and encourage those suffering to seek proper and timely treatment.


NOW, THEREFORE, WE, THE COUNTY COMMISSIONERS OF CHARLES COUNTY, MARYLAND, do hereby proclaim June 2025 as **Post-Traumatic Stress Disorder Awareness Month** in Charles County and encourage all residents to reach out to those who suffering from PTSD to provide support and remove the stigma associated with this disorder.




COUNTY COMMISSIONERS OF CHARLES COUNTY, MARYLAND


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Attest:


Carol A. DeSoto, Clerk to the Commissioners