

HOUSE RESOLUTION NO. 284

Reps. Bruck, Cavitt, Martin, Schmaltz, Jaime Greene, Markkanen, Alexander, Bierlein, Kunse, Paiz and Rogers offered the following resolution:

1 A resolution to declare June 2024 as National Post-Traumatic
2 Stress Disorder Awareness Month in the state of Michigan.

3 Whereas, Post-Traumatic Stress Disorder (PTSD) is an anxiety
4 disorder that affects approximately 8 million people in the United
5 States, stemming from exposure to events that cause or threaten
6 serious harm or death; and

7 Whereas, PTSD can manifest in a variety of symptoms including
8 sleep disturbances, irritability, anger, recurrent dreams, intense
9 reactions to trauma reminders, disturbances in relationships, and
10 social isolation. While some individuals may recover within a few

1 months, others may suffer for years, and for some, the onset of
2 PTSD may occur long after the traumatic events; and

3 Whereas, June is designated as National Post-Traumatic Stress
4 Disorder Awareness Month, a period dedicated to raising public
5 awareness about PTSD, reducing the stigma associated with the
6 disorder, and ensuring that those suffering from the invisible
7 wounds of war and other traumas receive the appropriate treatment;
8 and

9 Whereas, Despite the availability of effective treatments for
10 PTSD, including various types of trauma-focused psychotherapy and
11 medications to manage symptoms, many individuals with PTSD do not
12 receive the help they need; and

13 Whereas, It is imperative to spread awareness that effective
14 PTSD treatments are available and encourage those affected to seek
15 the help they need and deserve; and

16 Whereas, June 2024 is recognized as National Post-Traumatic
17 Stress Disorder Awareness Month; now, therefore, be it

18 Resolved by the House of Representatives, That the members of
19 this legislative body declare the June 2024 as National Post-
20 Traumatic Stress Disorder Awareness Month. We urge all citizens to
21 increase their awareness and understanding of PTSD, promote the
22 available treatments, and support those who suffer from this
23 disorder, ensuring they receive the care and respect they need.