

CITY OF LAKE WORTH BEACH

PROCLAMATION

- WHEREAS,** Post-traumatic Stress Disorder (PTSD) affects people of all ages and 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 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 is characterized by symptoms including flashbacks, nightmares, insomnia, avoidance, hypervigilance, anxiety, and depression; 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,** 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 it is up to each of us to know that the PTSD Assessment form is a major tool to seek medical assistance; and
- WHEREAS,** All residents suffering from PTSD deserve our consideration, understanding and those who are affected by PTSD from emotional and physical wounds received while protecting our freedom, deserve our respect and special honor.

NOW, THEREFORE, I, Betty Resch, Mayor of the City of Lake Worth Beach, Florida, by virtue of the authority vested in me and on behalf of the City Commission, do hereby proclaim:

JUNE 2024

as

POST-TRAUMATIC STRESS DISORDER AWARENESS MONTH

and encourage residents to reach out to others to provide support and remove the stigma associated with this disorder. We call upon the residents of the City of Lake Worth Beach, public and private institutions, businesses and schools to recommitting to increasing awareness and understanding of Posttraumatic Stress Disorder, and the need for appropriate and accessible services for all people with PTSD.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Seal of the City of Lake Worth Beach, Florida, to be affixed this 4th day of June, 2024.

Betty Resch, Mayor

ATTEST:

Melissa Ann Coyne, MMC, City Clerk