



Proclamation

WHEREAS, Posttraumatic Stress Disorder (PTSD) is a major public health concern that can develop as a result of having experienced a traumatic event, such as war, natural disaster, sexual assault, physical abuse, or a violent accident; and

WHEREAS, PTSD is associated with chemical changes in the body's hormonal and autonomic nervous system, and is characterized by symptoms including flashbacks, nightmares, insomnia, avoidance, hypervigilance, anxiety, and depression; 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, PTSD affects people from all walks of life, including our current military service members, their families, and our veterans, who have a higher prevalence; and

WHEREAS, acknowledging that PTSD is treatable with evidence-based therapies like Cognitive Behavioral Therapy and Eye Movement Desensitization and Reprocessing Therapy, access to the right help, right now is critical; 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, all citizens suffering from PTSD deserve our consideration.

NOW THEREFORE, I, Ronald Jubin, Mayor of the Borough of Watchung, do hereby proclaim the month of June 2024 as Posttraumatic Stress Disorder Month and encourage our community to reach out to their fellow neighbors to provide support and remove the stigma associated with this disorder

Ronald Jubin, Ph.D. Mayor
June 6, 2024