

Hidalgo County

Proclamation recognizing June as Posttraumatic Stress Disorder Awareness Month

- Whereas* Posttraumatic Stress Disorder (PTSD) is an anxiety disorder that some people develop after seeing or living through an event that caused or threatened serious harm or death; and
- Whereas* according to the National Center for PTSD, there are currently about 12 million people in the United States living with the disorder; and
- Whereas* even though PTSD treatments are effective and accessible, most people don't get the help they need; and
- Whereas* the disorder may result in sleep problems, irritability, anger, recurrent dreams about the trauma, intense reactions to reminders of the trauma, disturbances in relationships, and isolation. Some people may recover a few months after the event, but for others it may take years; and
- Whereas* for some, PTSD may begin long after the events occur; and
- Whereas* everyone with PTSD—whether they are a Veteran or civilian survivor of sexual assault, serious accident, natural disaster, or other traumatic event—needs to know that treatments can lead to a better quality of life; and
- Whereas* The Substance Abuse and Mental Health Services Administration (SAMHSA) and the National Institute of Mental Health (NIMH) offer a variety of resources designed to help people who suffer from PTSD, as well as aid their families and friends in better understanding and dealing with trauma's aftermath; and
- Whereas* if you think that you or someone you know has PTSD, you are not alone. There is help available. Talk with a caring Veterans Affairs counselor by calling 1-800-273-8255 (press "1").

Now, therefore, be it proclaimed that the Hidalgo County Commissioners Court does hereby declare the month of June as Posttraumatic Stress Disorder Awareness Month and encourages Hidalgo County residents to raise awareness about the many different treatment options available to those who suffer from the disorder.

Approved this 13th day of June 2023.




RICHARD F. CORTEZ
County Judge


DAVID L. FUENTES
County Commissioner, Pct. 1


EDUARDO "EDDIE" CANTU
County Commissioner, Pct. 2


EVERARDO "EVER" VILLARREAL
County Commissioner, Pct. 3


ELLIE TORRES
County Commissioner, Pct. 4

Attest: 
ARTURO GUAJARDO, JR.
County Clerk