



- WHEREAS,** Posttraumatic Stress Disorder (PTSD) 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 adults 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,** the brave men and women of the United States Armed Forces, first responders, and others who proudly serve the nation and their communities, and risk their lives, deserve every possible resource to ensure their lasting physical, mental, and emotional well-being; 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
- WHEREAS,** all citizens suffering from PTSD deserve our consideration, and those who are affected by PTSD from wounds received while protecting our freedom, deserve our respect and special honor.

NOW, THEREFORE, I, GEORGE FULLER, BY THE POWER VESTED IN ME AS MAYOR OF THE CITY OF MCKINNEY, TEXAS, DO HEREBY PROCLAIM THE MONTH OF JUNE 2019 AS **POSTTRAUMATIC STRESS DISORDER MONTH** IN MCKINNEY, TEXAS,

TO BRING AWARENESS TO THOSE WITH PTSD AND TO ENCOURAGE PEOPLE TO REACH OUT TO THEIR FELLOW CITIZENS TO PROVIDE SUPPORT AND REMOVE THE STIGMA ASSOCIATED WITH THIS DISORDER.

WITNESS MY HAND AND SEAL THIS 18<sup>th</sup> DAY OF JUNE, 2019.

\_\_\_\_\_  
**George C. Fuller, Mayor**

ATTEST:

\_\_\_\_\_  
**Empress Drane, City Secretary**