

## PTSD Awareness Month June 2026

**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**, despite its treatability, many cases of PTSD remain undiagnosed and untreated due to 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, and those who are affected by PTSD from wounds received while protecting our freedom, deserve our respect and special honor; and

**NOW, THEREFORE**, I John Noak, Mayor of the Village of Romeoville designate June 2026 as PTSD Awareness Month 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.