

# Proclamation

THE BOARD OF SUPERVISORS  
COUNTY OF SAN MATEO, STATE OF CALIFORNIA  
PROCLAIMS June 27, 2020 as

## Posttraumatic Stress Disorder (PTSD) Awareness Day

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**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, who proudly serve the nation and risk their lives to protect our freedom, deserve the investment of every possible resource to ensure their lasting physical, mental, and emotional well-being; and

**WHEREAS**, between 10 and 30 percent of service members will develop PTSD within a year of leaving combat, while others may not develop symptoms until years later and 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

**NOW, THEREFORE, BE IT PROCLAIMED** that the Board of Supervisors of the County of San Mateo, State of California, hereby designates June 27, 2020 as "Posttraumatic Stress Disorder Day" 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.

**Dated: June 23, 2020**

**SUPERVISORS:**

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WARREN SLOCUM, PRESIDENT

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DAVE PINE

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CAROLE GROOM

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DON HORSLEY

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DAVID J. CANEPA

**Attest:**

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Deputy Clerk of the Board of Supervisors