

**OFFERED BY COUNCILORS EDWARD M. FLYNN, BREADON, CULPEPPER,  
FITZGERALD, LOUIJEUNE, MEJIA, MURPHY, PEPÉN, SANTANA, AND WEBER**



## **CITY OF BOSTON**

**IN THE YEAR TWO THOUSAND TWENTY SIX**

### **RESOLUTION IN RECOGNITION OF POST TRAUMATIC STRESS DISORDER (PTSD) AWARENESS MONTH IN THE CITY OF BOSTON**

**WHEREAS,** Post Traumatic Stress Disorder (PTSD) Awareness Month is observed annually in June and is dedicated to raising public understanding of PTSD and breaking down mental health stigmas. The National Center for PTSD says that about 1 in every 20 adults in the United States, equivalent to 5% of Americans, has PTSD in any given year. PTSD can affect anyone, and effective treatments can reduce symptoms and lead to a higher quality of life; *and*

**WHEREAS,** The National Institute of Mental Health says PTSD can develop after exposure to any potentially traumatic events beyond a typical stressor. Many people experience extreme fear during or after witnessing or experiencing potentially traumatic events such as war, accidents, natural disasters, or sexual violence. The World Health Organization says that 70% of people globally will experience a traumatic event of this kind in their lifetime, but only 5.6% of people will experience PTSD; *and*

**WHEREAS,** People with PTSD can experience a number of distressing symptoms, including re-experiencing trauma through flashbacks or nightmares, emotional numbness, sleep problems, difficulties in relationships, sudden anger, drug and alcohol misuse, and reckless and self-destructive behavior; *and*

**WHEREAS,** Veterans are at a higher risk for PTSD compared to the general population. According to the National Center for PTSD, at least 7% of veterans will develop the condition, with female service members having almost twice as much risk as their male counterparts. The Warrior Survey from the Wounded Warrior Project found that 76% of respondents reported having PTSD because of their military service.

**WHEREAS,** The National Comorbidity Survey Replication found that 36.6% of U.S. adults with PTSD experience severe symptoms that substantially interfere with their ability to function at work, home, and socially. In Veterans, PTSD is commonly associated with combat trauma. According to the National Center for PTSD, 11-20% of Veterans who have served in Iraq or Afghanistan suffer from PTSD; *and*

**WHEREAS,** There are many effective treatments for people with PTSD, and many do not get

the help they need; ***NOW, THEREFORE BE IT***

***RESOLVED:*** That the Boston City Council recognizes June as Post-Traumatic Stress Disorder Awareness Month in the City of Boston.

Filed on: June 24, 2026