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June is National PTSD Awareness Month. The month is dedicated to raising awareness about the condition and how to access treatment. According to the National Center for PTSD, about 8 percent of the population will experience PTSD during their lifetime. Men, Woman, and children can experience PTSD due to trauma. Events due to combat, accidents, abuses, and disasters are just a few causes of PTSD. There are resources available for people who seek treatment:

Veteran crisis – National Center for PTSD

Find a therapist – National Center for PTSD <https://www.ptsd.va.gov/>

Other resources can be found at: <https://www.colleaga.org/article/list-ptsd-organizations-and-resources>

Did you know?

The North Carolina Department of Health and Human Services today announced more than 50% of adults 18 and older in the state have received at least one dose of COVID-19 vaccine. More than 43% of the adult population is fully vaccinated against the virus.