



Muskingum Area Mental Health &
Recovery Services Board

JUNE 2025

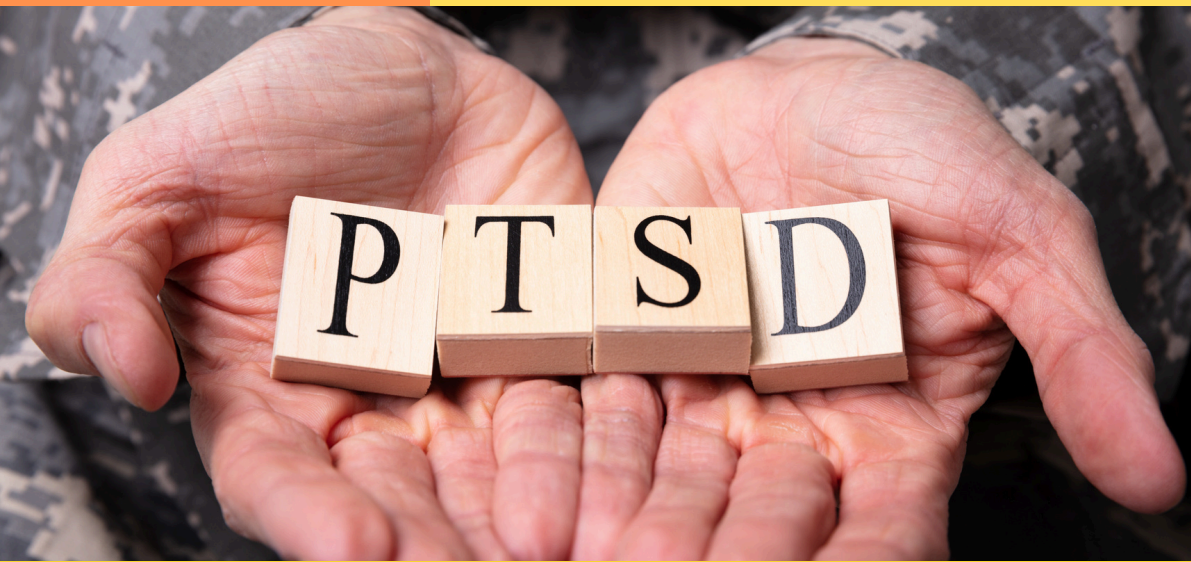
Coming in JUNE:

6/12: MHRS Board
meeting

6/19: OFFICE CLOSED

6/21: COURTS FOR
COURAGE

PTSD AWARENESS MONTH: LET'S BREAK THE SILENCE



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Trauma doesn't discriminate. It can touch anyone, anywhere—whether you're a veteran, a first responder, a survivor of violence or abuse, or someone who's experienced a serious accident or disaster. That's why June, PTSD Awareness Month, matters for all of us.

Post-Traumatic Stress Disorder (PTSD) is more common than many realize. According to the National Center for PTSD, about 6% of adults in the U.S. will experience PTSD at some point in their lives. That's millions of people quietly battling symptoms like intrusive thoughts, flashbacks, nightmares, anxiety, and emotional numbness. PTSD can disrupt relationships, work, and overall well-being—but here's the thing: it's treatable, and help is out there.

One of the biggest hurdles? Stigma. Too often, people feel pressure to “move on” or “stay strong” without addressing the deep wounds trauma leaves behind. But healing doesn't happen in silence. It happens when we open up, seek support, and remind each other that mental health is health—period. Effective treatments like cognitive-behavioral therapy (CBT), EMDR, and trauma-focused therapies are available to help people reclaim their lives. Support groups and peer counseling also offer critical spaces for connection and understanding. This month, we encourage everyone to learn more about PTSD, check in with loved ones, and—if you're struggling—reach out for help. Whether you've experienced trauma firsthand or want to be an ally, your voice and action make a difference.

Looking for support? Visit <https://www.mhrs.org/providers> to find local mental health resources.

Let's work together to create a community where no one faces trauma alone—and where healing is always within reach.

