

PTSD AWARENESS MONTH

Post Traumatic Stress Disorder, PTSD, is a disorder that develops following a shocking, scary, or dangerous event such as combat, physical or sexual violence and/or assault, an accident, or other extreme or life-threatening events. It is normal for most people to have trouble adjusting and coping following such an event, however it usually gets better with time. If you are experiencing severe stress, anxiety, or fear months or years following the event, it may be an indicator of PTSD. PTSD is treatable with medication and therapies once diagnosed by a Mental Health or Medical professional. If you are experiencing severe stress or other symptoms following a traumatic event, seek help from your medical provider or a Mental Health Professional.

Find out more at: nimh.nih.gov and va.gov



**JUNE 11, 2022 IS
NATIONAL GET
OUTDOORS DAY! GET
OUT AND SPEND TIME
AT YOUR FAVORITE
LOCAL OUTDOOR
SPOT, LIKE LOCAL,
STATE, OR NATIONAL
PARKS!**



LIFE AFTER CANCER

IS SOMETHING WORTH
CELEBRATING. AND A BETTER
QUALITY OF LIFE FOR **ALL**
CANCER SURVIVORS
IS WORTH FIGHTING FOR.