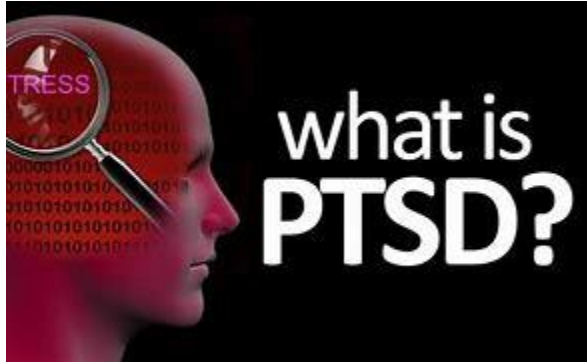




WASHINGTON HEALTH SYSTEM
Center for Mental Health and Wellbeing

MONTHLY NEWSLETTER



JUNE is PTSD Awareness Month

There are currently about 12 million people in the United States with PTSD. Even though PTSD treatments work, most people who have PTSD don't get the help they need. **June is PTSD Awareness Month. Help us spread the word that effective PTSD treatments are available.** Everyone with PTSD—whether they are Veterans or civilian survivors of sexual assault, serious accidents, natural disasters, or other traumatic events—needs to know that treatments really do work and can lead to a better quality of life.

Post-traumatic stress disorder (PTSD) is a mental health condition that's triggered by a terrifying event — either experiencing it or witnessing it. Symptoms may include flashbacks, nightmares and severe anxiety, as well as uncontrollable thoughts about the event.

Most people who go through traumatic events may have temporary difficulty adjusting and coping, but with time and good self-care, they usually get better. If the symptoms get worse, last for months or even years, and interfere with your day-to-day functioning, you may have PTSD.

Getting effective treatment after PTSD symptoms develop can be critical to reduce symptoms and improve function.

Post-traumatic stress disorder symptoms may start within one month of a traumatic event, but sometimes symptoms may not appear until years after the event. These symptoms cause significant problems in social or work situations and in relationships. They can also interfere with your ability to go about your normal daily tasks.

PTSD symptoms are generally grouped into four types: intrusive memories, avoidance, negative changes in thinking and mood, and changes in physical and emotional reactions. Symptoms can vary over time or vary from person to person.

To read more visit: [Help Raise PTSD Awareness - PTSD: National Center for PTSD \(va.gov\)](https://www.nationalcenterforptsd.org/help-raise-ptsd-awareness)

June 2024

Month

- [Pride Month](#)
- [PTSD Awareness Month](#)
- [Men's Health Month](#)
- [National Immigrant Heritage Month](#)

Day

- [Juneteenth \(June 19th\)](#)

To learn more visit: [MHA Awareness Calendar 2024 | Mental Health America \(mhanational.org\)](#)



National PTSD Awareness Month Timeline:

50 B.C. – Earliest Recorded PTSD Evidence. Hippocrates' poem, narrating a soldier's symptoms after a war, becomes the earliest recorded instance of PTSD in history.

1910s-1940s – Different Names for PTSD during World Wars. PTSD is named "Shell Shock" and "Battle Fatigue" in WW1 and WW2, respectively.

1970s – PTSD Coined During Vietnam War. The U.S. military veterans describe their trauma and its symptoms after the Vietnam War, resulting in the mental disorder being named "post-traumatic stress disorder".

2014 – U.S. Senate Declaration of PTSD Awareness Month. The U.S. Senate designated June as the official month for PTSD Awareness.

To read more visit:
[NATIONAL PTSD AWARENESS MONTH \(nationaltoday.com\)](https://www.nationaltoday.com/national-ptsd-awareness-month)

June is Men's Health Month! This annual observance encourages men and boys to be proactive in their health by implementing healthy living decisions.

This year, the U.S. Department of Health and Human Services (HHS) Office of Minority Health (OMH) is focusing on improving health outcomes for racial and ethnic minority and American Indian/Alaska Native (AI/AN) men through its theme Be the Source for Better Health: *Improving Health Outcomes Through Our Cultures, Communities, and Connections*. This theme calls on each of us to better understand how the unique environments, cultures, histories, and circumstances (known as social determinants of health, or "SDOH") of racial and ethnic minority and AI/AN men impact their overall health.

On average, men in the United States die nearly 6 years earlier than women and are at higher risk for many serious diseases, including heart disease, lung cancer, and HIV. In addition, men experience unique health problems that don't affect women, like prostate cancer. Negative impacts of SDOH factors, like economic stability and educational access and quality, can increase their risk for poor health outcomes.

OMH is committed to working with public health and community-based partners to Be the Source for Better Health by providing racial and ethnic minority and AI/AN men and boys quality, equitable, and respectful care and services that are responsive to diverse cultural health beliefs and practices, preferred languages, economic and environmental circumstances, and health literacy levels. When patients are provided with culturally and linguistically appropriate information, they are better able to create healthier outcomes for themselves, their families, and their communities.

You can read the full article by visiting: [Men's Health Month 2024 | Office of Minority Health \(hhs.gov\)](https://www.hhs.gov/men-health-month-2024)



Dear Valued Referral Sources,

You are a pillar of support, and we are extremely grateful for the work you do.

Sincerely,

Jennifer Campbell, MSW, LSW

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WHS Center for Mental Health & Wellbeing



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Outpatient Behavioral Health	Washington P: 724-579-1075	95 Leonard Ave Building #1, Suite 301 Washington, PA 15301

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Amber Cline, RN – Inpatient Assistant Nurse Manager P: 724-229-2425

Greene County Crisis Line: 1-800-417-9460

Washington County 24-Hour Crisis Hotline: 1-877-225-3567

National Suicide Prevention Lifeline: 1-800-273-8255

Greenbriar Treatment Facility: 1-800-637-4673

SPHS, Center of Excellence Opiate Use Disorder Hotline: 1-888-810-8595

STTARS Sexual Assault Hotline (Greene & Washington): 1-888-480-7283