

## Recognizing National Post-Traumatic Stress Disorder Awareness Day - Dispatch June 27, 2014

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### [Recognizing National Post-Traumatic Stress Disorder Awareness Day - Dispatch June 27, 2014](#)

June is National Post-Traumatic Stress Disorder (PTSD) Awareness Month, and today is National PTSD Awareness Day. According to the National Institute of Mental Health, PTSD is an anxiety disorder that some people develop after seeing or living through an event that caused or threatened serious harm or death. Symptoms include flashbacks or bad dreams, emotional numbness, intense guilt or worry, angry outbursts, feeling on-edge or avoiding thoughts and situations that remind them of the trauma. In PTSD, these symptoms last at least one month.

The U.S. Department of Veterans Affairs says that during a traumatic event, you think that your life or others' lives are in danger. You may feel afraid or feel that you have no control over what is happening around you. Most people have some stress-related reactions after a traumatic event; but, not everyone gets PTSD. If your reactions don't go away over time and they disrupt your life, you may have PTSD. It isn't clear why some people develop PTSD and others don't.

If you are a veteran who thinks you may have PTSD, or if you are a loved one of someone with symptoms, contact the [National Center for PTSD](#) at (802) 296-6300 or [ncptsd@va.gov](mailto:ncptsd@va.gov) for a list of resources.

The [Veterans History Project](#) (VHP) is encouraging veterans, their loved ones and colleagues to spend the day engaged in an open dialogue about the causes and symptoms of PTSD as well as traditional and alternative treatment options in an effort to remove the stigma that is attached to the diagnosis. To set the example, VHP is sponsoring a PTSD discussion panel at noon today in the Whittall Pavilion of the Library of Congress Thomas Jefferson Building, located at 10 First Street, SE, Washington, DC. A webcast of the event will be available in early July.

Go [here](#) to read a recent blog post on PTSD, which features two VHP participants diagnosed with the disorder.

The Mission of the Veterans History Project of the Library of Congress American Folklife Center is to collect, preserve and make accessible the personal accounts of American war veterans so that future generations may hear directly from veterans and better understand the realities of war. Learn more at [www.loc.gov/vets](http://www.loc.gov/vets). Share your exciting VHP initiatives, programs, events and news stories with VHP to be considered for a future RSS. Email [vohp@loc.gov](mailto:vohp@loc.gov) and place "My VHP RSS Story" in the subject line.