



News Release

FOR IMMEDIATE RELEASE

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Trillium Recognizes Post-Traumatic Stress Disorder Awareness Day *Joins organizations nationwide to offer resources and raise awareness*

GREENVILLE, NC-Trillium Health Resources will recognize Post-Traumatic Stress Disorder (PTSD) Awareness Day on June 27. PTSD is a condition that can occur when someone experiences or witnesses a traumatic event. The U.S. Senate officially designated PTSD Awareness day in 2010 (S. Res. 541) and in 2014, it designated June as PTSD Awareness Month (S. Res. 481).

National PTSD Awareness Day aims to raise public consciousness about the disorder, educate the public about PTSD, and provide access to the proper resources and treatment available. According to [the National Center for PTSD](#), about 7 or 8 out of every 100 people will experience PTSD at some point in their lives. Anyone can develop PTSD at any age.

The [U.S. Department of Veteran Affairs](#) outlines four symptoms of post-traumatic stress disorder symptoms: reliving the event, avoiding reminders of the event, feeling on edge, and having more negative thoughts than before. People with PTSD may also have panic attacks, severe anxiety, or a substance use problem – leading to a higher risk of death by suicide.

There are many effective forms of treatment, including therapy and medication, which may be used independently or in combination with each other. Everyone with PTSD—including veterans or civilian survivors of sexual assault, serious accidents, natural disasters, or other traumatic events—needs to know that treatment works and can lead to a better quality of life. **Help spread the word that effective PTSD treatments are available.**

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Trillium's call center is open 24-hours a day, seven days a week at 1-877-685-2415 for anyone concerned about a potential mental health illness or in need of treatment for PTSD or other behavioral health issues. The public can also visit our website at www.TrilliumHealthResources.org to search for a provider and learn more about services offered.

TrilliumHealthResources.org
201 West First St., Greenville, NC 27858-1132
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Please help us share the resources below to help spread information and knowledge about the help available:

- Visit the [National Center for PTSD website](#) for additional research and information.
- Join the conversation on social media using the hashtag #PTSDAwareness to educate others and raise awareness.
- Visit <https://trilliumncaccesspoint.org/> to take a confidential screening for seven conditions including PTSD. Results are anonymous and advise if you or someone you know should seek help.
- Contact Trillium to schedule a [Mental Health First Aid](#) training for your organization to help recognize possible signs and symptoms of PTSD. The training is free and offered to the public.
- Follow us on [Facebook](#) for local events and organizations dedicated to these causes. Our Hope4NC staff are out in the communities of Columbus, Pitt, Jones, Onslow, Pamlico, Craven, Beaufort, Hyde, Brunswick, New Hanover, Pender, and Carteret Counties and have location-specific pages on Facebook. They work with local agencies to help share resources related to recovery after Hurricane Florence, such as counseling. Many times the symptoms of PTSD don't show up until months after the event.

ABOUT TRILLIUM HEALTH RESOURCES

Trillium Health Resources is a leading specialty care manager (LME/MCO) for individuals with substance use, mental illness and intellectual/developmental disabilities in 26 counties in eastern North Carolina. Trillium's mission is to transform the lives of people in need by providing them with ready access to quality care. We take a person-centered approach to health and well-being, coordinating care across multiple systems to achieve improved health outcomes, quality of care and efficient use of resources. Trillium is investing in innovation to meet the unique needs of the individuals and communities we serve, and remains focused on delivering the right services, in the right amount, at the right time. For more information, visit www.TrilliumHealthResources.org.

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