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For immediate release

## NJDMAVA Observes Post Traumatic Stress Awareness Month

Lawrenceville, N.J. – The New Jersey Department of Military & Veteran Affairs joins communities and organizations across the United States in recognizing June as Post Traumatic Stress Awareness Month, with today, June 27, 2023 as a special awareness and screening day.

The U.S. Department of Veterans Affairs estimates that 12 million people in the United States have been diagnosed with Post Traumatic Stress Disorder, a mental health condition that some individuals develop after experiencing or witnessing a life-threatening event, such as combat, a natural disaster, a car accident, or sexual assault. The VA also estimates that up to 29 percent of Veterans experience Post Traumatic Stress at some point in their lives.

NJDMAVA wants those affected by Post Traumatic Stress to know that treatments really can work and lead to a better quality of life.

“I am heartened to see awareness increasing across our Veteran communities,” said Brig. Gen. Lisa J. Hou, D.O., The Adjutant General of New Jersey and Commissioner of Veterans Affairs. “Walks are a way to show that support to our Veterans. Every increase in awareness, every shift in attitude helps reduce stigma that a Veteran may feel, and remove a barrier to getting help. Free-of-charge resources right here in New Jersey can make a tremendous difference for Veterans and their families.”

NJDMAVA employees at the NJDMAVA headquarters in Lawrenceville, New Jersey, participated today in the U.S. Department of Veterans Affairs’ “STEP UP for PTSD Awareness Virtual Walk” to help raise awareness about Post Traumatic Stress. See our team here: <https://flic.kr/s/aHBqjAKqG6>

Residents and staff of NJDMAVA’s Veterans Haven South also held a walk in Winslow Township, New Jersey, June 21, 2023: <https://fb.watch/lpEtZbJojA/?mibextid=qC1gEa>

Individuals and organizations are also welcome to “Step Up” with the U.S. Department of Veterans Affairs: [https://www.ptsd.va.gov/understand/awareness/virtual\\_walk.asp](https://www.ptsd.va.gov/understand/awareness/virtual_walk.asp)

The month-long observance each June seeks to raise awareness about the symptoms, treatment options, and available resources for individuals who may be living with Post Traumatic Stress.

NJDMAVA and partner organizations strive to promote a supportive environment for those affected by it, encouraging empathy, compassion and access to appropriate care. The following are important resources.

- Looking for help? Since 1981, NJDMAVA has offered free-of-charge Post Traumatic Stress counseling services to Veterans through contracted clinical services. In the past year, 3,383 New Jersey Veterans obtained 7,882 counseling sessions. Visit <https://www.nj.gov/military/veterans/services/vso/> to find your local NJDMAVA Veterans Service Office for referrals.
- The National Suicide & Crisis Lifeline is available by calling 988; press Option #1. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for callers and loved ones, and best practices for professionals in the United States.
- Life does not have to be a battlefield. Call the NJ Vet2Vet helpline at 866-838-7654, or visit <https://www.njvet2vet.com/> 24/7 to talk, email, chat, or text with another Veteran for support.
- Does your organization want to host Veterans support gatherings? Contact the Chief of the Veterans Benefits Bureau at 609-530-6949 to host Veteran-to-Veteran connections.
- Are you a veteran dealing with homelessness? NJDMAVA’s Veterans Havens offer service-intensive transitional housing, including on-site PTSD counseling services. For those in North Jersey, call 877-648-0091. For those in South Jersey, call 888-849-7188.
- Want to know more about Post Traumatic Stress? For online resources, including PTSD Basics, Continuing Education and Treatment Decision Aids, visit: [https://www.ptsd.va.gov/understand/awareness/understand\\_ptsd.asp](https://www.ptsd.va.gov/understand/awareness/understand_ptsd.asp)

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