

Where mental health is
a right, not a privilege

MOORE CARE THERAPY

June 2026

PTSD Awareness

PTSD Awareness Day, observed each year on June 27, is dedicated to increasing understanding of post-traumatic stress disorder (PTSD) and encouraging those affected to seek support. The day was established in honor of Staff Sergeant Joe Biel, a National Guard member who struggled with PTSD after serving in Iraq. PTSD can develop after experiencing or witnessing traumatic events and affects both veterans and civilians. Awareness efforts focus on reducing stigma, educating the public about symptoms such as flashbacks, nightmares, anxiety, and hypervigilance, and promoting access to treatment and mental health resources. By fostering open conversations and support, PTSD Awareness Day helps ensure that individuals living with PTSD know they are not alone and that effective help is available.

TALK TO A MENTAL HEALTH PROFESSIONAL IF YOU HAVE

- Trouble sleeping or oversleeping
- Harmed yourself or thoughts to do so
- Withdrawn from your regular social life
- Constant paranoia or nervousness
- Uncontrollable illogical or “magical” thoughts

For a therapist who is
here for you
Call 843-799-0083

Or visit us at our website
moorecaretherapy.com



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T h e r a p y
Empowering Minds, Transforming Lives

5 SENSES TO HELP MANAGE STRESS

Seek Professional Treatment

Cognitive behavioral therapy (CBT) and trauma-focused therapy, are commonly used to treat PTSD.

Build a Support Network

Connecting with support groups or fellow veterans can reduce feelings of isolation and provide emotional encouragement

Practice Stress- Reduction Techniques

Meditation and muscle relaxation can help improve emotional regulation, and reduce PTSD symptoms.

Maintain Healthy Lifestyle Habits

Balanced nutrition and limiting alcohol & substance use can improve both physical and mental well-being.

Learn and Recognize Triggers

Identifying situations that trigger distress can help individuals prepare coping strategies and respond more effectively when symptoms arise.



*"Invisible wounds
deserve visible
support."*