

## HOUSE RESOLUTION NO. 141

Reps. B. Carter, Fitzgerald, Paiz and Weiss offered the following resolution:

1           A resolution to declare July 1, 2025, as Invisible Wounds Day  
2 in the state of Michigan.

3           Whereas, When a traumatic event occurs, psychological injuries  
4 can linger longer than the initial moment of crisis. Most people  
5 wouldn't know just by looking, but the effects are there through  
6 symptoms like flashbacks, avoidance, and sleepless nights; and

7           Whereas, Post-Traumatic Stress Disorder (PTSD) is a well-  
8 documented mental health condition that can develop after traumatic  
9 experiences like war, abuse, and serious accidents. PTSD is one of  
10 the most recognized responses to trauma affecting both civilians  
11 and those who have served in the military, but that doesn't mean  
12 that people always understand it; and

13           Whereas, Studies estimate that six out of every one hundred

1 adults in the United States will experience PTSD in their lifetime,  
2 with the condition appearing slightly more often among veterans  
3 than civilians; and

4       Whereas, While PTSD may be invisible to the eye, its symptoms,  
5 such as hypervigilance, intrusive memories, and emotional numbness,  
6 have the ability to impact every aspect of a person's life, from  
7 their relationships to their employment and beyond; and

8       Whereas, The pain and isolation of PTSD are compounded by the  
9 stigma that too often surrounds mental health struggles, leaving  
10 many individuals feeling misunderstood, ashamed, or alone; and

11       Whereas, Fortunately, there are a range of effective  
12 treatments that exist for those suffering from PTSD. Behavioral  
13 therapies help individuals develop coping tools, where cognitive  
14 therapies aim to reframe negative thought patterns. In some cases,  
15 medication can also be used to manage symptoms and support  
16 recovery. While these treatments don't always work the same for  
17 everyone, they've made a difference for many; and

18       Whereas, Invisible Wounds Day is an opportunity to shine a  
19 light on these hidden injuries, validate the experiences of those  
20 affected, and serve as a reminder to our communities that healing  
21 is possible with understanding and support; and

22       Whereas, We honor the courage of those who live with PTSD, and  
23 we extend our deepest gratitude to the professionals, caregivers,  
24 and advocates who walk beside them; now, therefore, be it

25       Resolved by the House of Representatives, That the members of  
26 this legislative body declare July 1, 2025, as Invisible Wounds Day  
27 in the state of Michigan. Let us commit to listening without  
28 judgment, speaking with compassion, and working to ensure that no  
29 one bears these wounds alone.