

HOUSE RESOLUTION NO. 141

Rep. B. Carter 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
14 adults in the United States will experience PTSD in their lifetime,

1 with the condition appearing slightly more often among veterans
2 than civilians; and

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

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

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

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

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

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