



The Maryland State Medical Society

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MEDCHI SUPPORTS NATIONAL PTSD AWARENESS MONTH AND ENCOURAGES MARYLANDERS TO SEEK SUPPORT

BALTIMORE – June 16, 2026 – During National PTSD Awareness Month, MedChi, The Maryland State Medical Society, is bringing attention to Post-Traumatic Stress Disorder (PTSD) and encouraging individuals experiencing symptoms to seek help from qualified healthcare professionals.

PTSD is a mental health condition that can develop after experiencing or witnessing a traumatic event, including military combat, serious accidents, natural disasters, violence, abuse, or other life-threatening situations. While it is often associated with military veterans, PTSD affects people of all ages, backgrounds, and experiences.

According to the U.S. Department of Veterans Affairs, millions of Americans experience PTSD each year. Symptoms may include intrusive memories, nightmares, flashbacks, anxiety, difficulty sleeping, emotional numbness, irritability, and avoidance of situations that trigger memories of trauma. Without treatment, PTSD can significantly impact a person's relationships, work, physical health, and overall quality of life.

"National PTSD Awareness Month serves as an important reminder that mental health is just as vital as physical health," said Eric Wargotz, M.D., FCAP, President of MedChi. "PTSD is a treatable condition, and no one should feel they must face its challenges alone. We encourage anyone experiencing symptoms to speak with their physician or a mental health professional and seek the support they deserve."

Early recognition and treatment can improve outcomes for individuals living with PTSD. Effective treatments may include psychotherapy, medication, support groups, and other evidence-based interventions tailored to each patient's needs.

MedChi also encourages family members, friends, employers, and community leaders to learn the signs of PTSD and foster supportive environments where individuals feel comfortable seeking help without fear of stigma.

Throughout National PTSD Awareness Month, MedChi urges Marylanders to prioritize mental wellness, check in on loved ones, and take advantage of available mental health resources. For more information about PTSD and available treatment options, speak with your physician or visit trusted mental health resources.

About MedChi

MedChi, The Maryland State Medical Society, is a non-profit membership association of Maryland physicians. Formed in 1799, it is still the largest physician organization in Maryland today. The mission of MedChi is to serve as Maryland's foremost advocate and resource for physicians, their patients, and the public health of Maryland. For more information, please visit www.medchi.org.