Education and Health

Edmonton Diocesan Council

**2016.01 Support for Post-Traumatic Stress Disorder Victims & Families**

**Whereas,** Post –Traumatic Stress Disorder (PTSD) may develop in an individual experiencing or viewing a terrifying and shocking ordeal that involves harm and/or threat of physical harm, and not only impacts the individual, but also those who are personally related to the one suffering with PTSD, such as a spouse, children and others as they attempt to support their loved one, and

**Whereas,** PTSD is now recognized as a serious mental health condition that affects many members and veterans of the military, first responders, paramedics, firefighters, police officers, correctional officers, health care workers, accident victims residential school survivors, refugees and others requiring the need for understanding, compassion, physical and financial support; and

**Whereas,** Ignoring the signs and symptoms and diagnosis of PTSD has led to suicides, stress-related incidents, verbal and physical abuse, alcoholism, marriage failures, and family crises: therefore be it

**Resolved,** That Our Lady of Perpetual Help Council of The Catholic Women’s League of Canada, urge the federal government in collaboration with the provincial and territorial governments, to take action on issues surrounding the serious mental health nature of PTSD by providing physical and financial assistance through treatment programs, disability payments and compassion where possible; and be it further

**Resolved**, That this resolution be forwarded to The Edmonton Diocesan Council of the Catholic Women’s League of Canada at 94th Annual Convention

**ACTION PLAN: Support for Those with Post-Traumatic Stress Disorder Victims & Families**

1. CWL members are urged to become knowledgeable about PTSD by reading books and articles, and sharing the information with their councils, and by inviting speakers to their meetings.
2. CWL members are encouraged to offer compassion, and physical and financial support to PTSD sufferers, their families and acquaintances, by providing a listening ear to those with PTSD and their family, friends and caregivers; and by offering respite services to the families of PTSD sufferers.
3. CWL members are encouraged to write letters to their politicians and the appropriate government ministers, urging the federal and provincial/territorial governments to take action on issues surrounding the serious mental health nature of Post-Traumatic Stress Disorder. The letters should encourage government agencies to provide physical support for treatment programs, and financial assistance for disability payments; as well as compassion towards the PTSD sufferers and their family, friends and acquaintances.