

More than **5 MILLION** people experienced PTSD each year.

Unfortunately, many of us will experience trauma in our lifetime. A traumatic event can be anything from assault, abuse, loss, illness or childhood neglect. Depending on the experience and the person, some may manage their symptoms or recover more easily than others. Long-lasting symptoms such as nightmares, trouble sleeping, anxiety, fear, depression or feeling emotionally numb may be indicators of **post-traumatic stress disorder (PTSD)**.

If you or someone you love is showing symptoms of PTSD, lean on your Employee Assistance Program (EAP) to help you get connected to the support and resources you need like:

- In-the-moment, telephonic or online counseling
- Resources to support your family and relationships
- Coaching to improve sleep, reduce stress and take care of your body
- Community support groups with others who have had similar experiences
- Articles and tips on recovery and finding your healthy balance
- Management consultations for handling performance issues at work
- Crisis support to help you mentally process and cope
- Licensed professionals to help you address alcohol or substance use issues
- Legal and financial consultations
- Volunteer opportunities in your area

During PTSD Awareness Month in June, educate yourself and others about available treatment options. It's never too soon – or too late – to get help. Take advantage of your EAP benefit to start feeling like your best self.

June is also LGBTQIA+ Pride Month! Join our free monthly webinar on ***The Importance of an LGBTQIA+ Inclusive Workplace and Transgender Awareness & Sensitivity for Leaders.***