



June is PTSD Awareness Month

More than eight million American adults each year experience post-traumatic stress disorder.

- PTSD can develop after a frightening event where severe physical harm occurred or was threatened.
- PTSD is characterized by debilitating physical and emotional symptoms.
- Effective treatments help people reduce symptoms of worry and numbness, cope with frightening memories and develop healthier behavioral responses.
- Seek professional assistance through your program if you struggle with PTSD.

Call your Employee Assistance Program at 1-800-588-8412 (TTY 711) or visit MagellanAscend.com (use Principal Enhanced) for helpful resources.