



Support

Healing from trauma

PTSD stands for post-traumatic stress disorder. PTSD received a lot of attention as a common problem affecting war veterans, but it can impact anyone.

Life can include events that are traumatic. They include:

- Childhood abuse
- Natural disasters such as earthquakes, floods or hurricanes
- Shocking and frightening events like:
 - Serious accidents
 - Terrorist acts
 - Serious injury or threat of death
 - Sexual assault
 - Global events like epidemics or wars

You may suffer from PTSD if you personally experienced trauma. And you may also have symptoms if you witnessed, heard about or watched TV coverage of traumatic events.

Symptoms of PTSD

Symptoms can start soon after the traumatic event – or even long after. Some of the symptoms can include:

- Upsetting memories
- Flashbacks – or the sense of reliving the event
- Nightmares and trouble sleeping
- Strong reactions to things that remind you of the event
- Avoiding people or things that remind you of what happened
- Depression and anxiety
- Hopelessness
- Difficulty remembering the event
- Feeling distant from family and friends
- Numbness
- Being easily startled
- Always feeling “on guard”
- Difficulty with relationships
- Self-destructive behaviors

Getting help for PTSD

If you have PTSD, the most critical goal is to regain a sense of control over your life. There are professional therapists who can help you learn stress management skills and coping mechanisms. There are also medications that can help treat mental health issues.

Support is key

If you have PTSD, you don't have to deal with it alone. In fact, support is a key part of healing. There are support groups you can attend. And the encouragement of your doctors, friends and loved ones can all be helpful to your feeling better.

PTSD is a tough disorder, but with treatment and support, recovery is possible.



The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law.