

June is

National PTSD Awareness Month

PTSD Awareness Month seeks to raise public awareness about issues related to PTSD, reduce the stigma and help those suffering with this condition obtain needed treatment. Here are ways you can help someone:

1. Learn as much as you can about PTSD.
2. Be there for support and offer to go to doctor visits.
3. Plan family activities together, like having dinner or going to a movie.
4. Take a walk, go for a bike ride or do some other physical activity together.

Call your Employee Assistance Program at
1-800-269-6014 (TTY 711) or visit
MagellanAscend.com for helpful resources.

