



# 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.

Visit your member website to learn more.

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