

Understanding trauma and recovery

Trauma is common, and it can affect how you think, feel, and cope. After a difficult or distressing experience, ongoing emotional challenges may be a sign of post-traumatic stress disorder (PTSD). However, with the right support, healing and recovery are possible.



In recognition of PTSD Awareness Month this June, **take time to learn signs and symptoms, share helpful resources, or support a loved one** who may be facing challenges.

Your program offers various resources, including 24/7/365 in-the-moment phone support, coaching, counseling, online courses, videos, and practical tip sheets—so help is always within reach, for you or someone you care about.



Visit your program's web platform or mobile app to get started.



Download the mobile app today!



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