

A word cloud of PTSD symptoms. The word 'PTSD' is prominently displayed in the center in a large, bold, black font. Surrounding it are various symptoms in different sizes and orientations, including: 'FLASHBACKS', 'IRRITABLE', 'LOSS OF MEMORY', 'SOCIAL ANXIETY', 'LACK OF CONCENTRATION', 'SADNESS', 'TIRED', 'WORRY', 'FEAR', 'PANIC', 'HYPERTENSIVE', 'POWERLESS', 'NIGHTMARES', 'DEPRESSION', 'ANXIETY', 'LOSS OF INTEREST', 'SLEEP PROBLEMS', 'CONCENTRATION', 'MIND', 'FEELINGS', 'EMOTIONS', 'MIND', 'FEELINGS', 'EMOTIONS', 'MIND', 'FEELINGS', 'EMOTIONS'. The background is a light gray with a subtle grid pattern.

Post-traumatic stress disorder (PTSD) is caused by witnessing or being part of a frightening or shocking event and can impact day-to-day life and productivity. Most people recover from traumatic events, but some experience severe distress, anxiety, and depression for months or even years. They frequently re-experience the event through intrusive thoughts, upsetting reminders, or nightmares. Being able to relax, concentrate, or sleep becomes difficult. They often feel detached or estranged from loved ones. These are symptoms of PTSD.

Know the Recovery Process

Today, people with PTSD may be treated with psychotherapy (“talk” therapy), medications, or a combination of the two. Some ways that are often suggested for PTSD patients to cope with this illness include learning more about the disorder as well as talking to friends, family, professionals and PTSD survivors for support. Joining a support group may be helpful for some individuals.

Talk to a Professional About PTSD

If you or a family member is experiencing symptoms of PTSD, call Interface EAP to receive a confidential referral to speak with a counselor.

Stress	For free and confidential assistance, call your		Marital Problems
Financial	Employee Assistance Program and speak with a Care Coordinator		Family Problems
Legal	(713) 781-3364	Se Habla Español	Alcohol/Drug Problems
Depression	(800) 324-4327	(800) 324-2490	Other Referrals
www.4eap.com			

Your employer has contracted with Interface EAP to provide you an Employee Assistance Program.