

# June is National PTSD Awareness Month

Post-traumatic stress disorder is quite common.

Those suffering with it may have ongoing frightening memories of a traumatic event—often with the same degree of anxiety as during the event itself.

If you or a loved one struggle with PTSD, contact your program for the care and support to restore health and well-being.

**Magellan**  
HEALTHCARE®

Employee Assistance Program  
For Professional Consultation

**Call 1-800-523-5668**

For TTY Users: 1-800-456-4006

**Call today or log on to [MagellanAscend.com](https://www.MagellanAscend.com)**