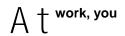
June 2024



## Reaching Out



Important Notice: Information in EAP Reaching Out is for general information purposes only and is not intended to replace the counsel or advice of a qualified health professional. For further help, questions, or referral to community resources for specific problems or personal concerns, contact your employee assistance professional locally at (518) 793-9768.

## PTSD Awareness Month: Post-traumatic Stress Disorder Affects Millions

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 $\mathsf{PTSD}^{\text{ is commonly}}$ 

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