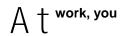
June 2024



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

-

, (())

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

f you ever