



SUFFERING FROM POST TRAUMATIC STRESS SYNDROME?

If you have experienced or witnessed an event that threatened you or someone else with death or serious physical injury and if you experienced intense fear, helplessness or horror, you may want to seek help if you have three or more of the following symptoms:

- ◇ **A feeling of numbing, detachment or lack of emotional responsiveness**
- ◇ **Reduced awareness of your surroundings, “being in a daze”**
- ◇ **Feeling that nothing seems real**
- ◇ **Feeling disconnected from yourself or others**
- ◇ **Difficulty recalling important aspects of what happened**
- ◇ **Re-experiencing the event through dreams, flashbacks or recurrent images, persistent thoughts of the incident or a feeling of reliving the experience**
- ◇ **Feeling upset when exposed to reminders of the incident**
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- ◇ **Feelings of anxiety or agitation such as irritability, poor concentration, trouble sleeping, restlessness**
- ◇ **Difficulty interacting socially or at work, or in getting important needs met**

If you notice some of the following symptoms in yourself or in a loved one, call your Employee Assistance Program to speak with a professional counselor.

Help is available. It's free. It's confidential. It's for you.