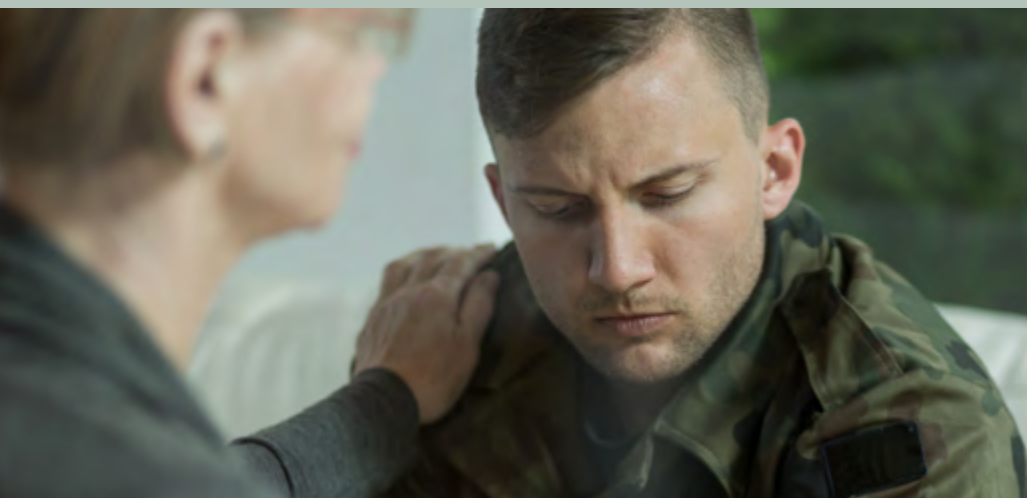


Employee Assistance Program

Getting Help with Post-Traumatic Stress Disorder (PTSD)



If you think you have PTSD, it's important to get assessed by a professional.

PTSD doesn't have to get in the way of your life or cause problems with your relationships, home life, school, or work.

PTSD symptoms usually start soon after a traumatic event, but may be delayed for weeks or months. Symptoms may come and go. But if they are disrupting home or work life and causing distress, you should seek professional help from a trained provider who can determine if you have PTSD and recommend a treatment plan.

There are effective treatments for PTSD and early treatment can help prevent long-term symptoms. Certain types of psychotherapy and medications can help.



Log on to www.eap.calhr.ca.gov or call today to learn more about Post-Traumatic Stress Disorder.

Employee Assistance Program
1-866-EAP-4SOC (1-866-327-4762)
TTY users should call 1-800-424-6117
Visit us online: www.eap.calhr.ca.gov



www.eap.calhr.ca.gov
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