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Coping with PTSD

It's estimated that 6% of the population will experience PTSD at some point in their lives.¹ The good news is effective treatments are available. Your Employee Assistance Program (EAP) benefit can help.

To learn more about the resources available and to find support, contact us today.

800-432-5155
bcbsmn3.mybeaconwellbeing.com

¹ U.S. Department of Veteran's Affairs, "How Common is PTSD in Adults?"