

Feeling **OVERWHELMED** by Post-Traumatic Stress Disorder?

Around 800,000 post-9/11 veterans suffer from PTSD

Going from the battlefield to civilian life can be an extremely tough transition. Adjusting to a new normal takes time, effort, and is different for each person. But when feelings of unease persist or even worsen over time, it may be a sign of Post-Traumatic Stress Disorder.

Symptoms Include:

- Avoidance of activities, places, thoughts, memories, or situations related to combat experiences
- Increased vigilance, feeling paranoid, or always on the lookout for danger
- Difficulty concentrating or thinking clearly
- Not feeling pain or other sensations
- Feeling detached from others
- Irritability or outbursts of anger
- Flashbacks of traumatic event(s)
- Shutting down emotionally
- General loss of interest
- Panic attacks



**You're proud to have served your country.
Now you can be proud of your decision to get help.**

Contact ACI, your employee assistance program, at **800.932.0034** or eapinfo@acispecialtybenefits.com.

ACI's services are 100% confidential and free to employees and family members.



Find veteran resources and more at ACI's veteran website by scanning this QR code with your smartphone

