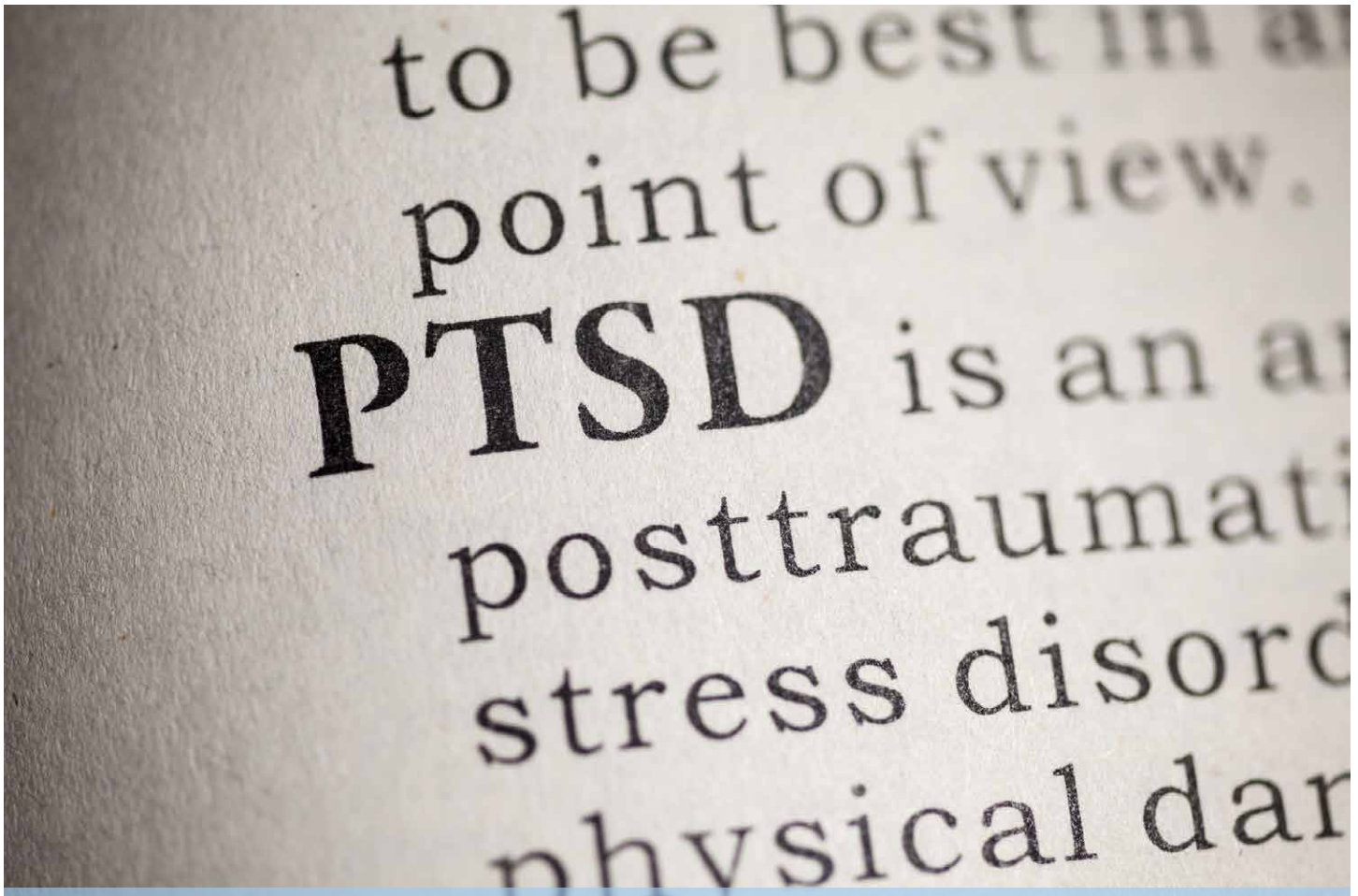


# State of Idaho Employee Assistance Program (EAP) Post-Traumatic Stress Disorder



Government research indicates that an estimated 7.7 million American adults ages 18 to 54 have post-traumatic stress disorder. People who experience distressing, painful or sad events are candidates for developing PTSD. Traumatic events that may trigger PTSD include violent personal assaults, natural or human-caused disasters, accidents or military combat. Family members of victims also can develop the disorder. PTSD can occur in people of any age, including children and adolescents.

Your EAP offers professional and confidential counseling services designed to help address the personal concerns and life issues you are facing. This service is staffed by GuidanceConsultants<sup>SM</sup>—highly trained master's and doctoral level clinicians who will listen sensitively to your concerns, provide immediate support and refer you to counseling and other resources to help address your needs. This service is available to you and your dependents, 24 hours a day, 7 days a week, by calling a toll-free line.

## Call anytime for concerns such as:

- › Coping with depression, anxiety, anger and other emotional issues
- › Referrals to counselors, support groups and other resources
- › Dealing with sleep deprivation
- › Substance abuse

Call: 877.427.2327

TDD: 800.697.0353

Go online: [guidanceresources.com](http://guidanceresources.com)

Your company Web ID: SOIEAP