

Find PTSD Support With Modern Health



Many people will experience a traumatic event in their lifetime. These events can include accidents, serious illness, persistent racial trauma, sexual or physical assault, combat, and natural disasters, although this is not an exhaustive list. After these events, many people may notice changes in their emotions and behaviors. For some, these changes may resolve on their own, while others may experience longer-lasting difficulties.

Understanding PTSD

Post-traumatic stress disorder (PTSD) is the term used when difficulties with emotions and behaviors persist longer than one month following a trauma, and they significantly impact a person's life. About [10 percent of men and 20 percent of women](#) who experience a trauma will develop PTSD. Symptoms typically fall into four categories:



Reliving the event
through unwelcome
memories, flashbacks,
or nightmares



Avoiding reminders
of the event



Having more
negative thoughts
and feelings than
before



Feeling on edge or
on high alert for
danger

People with PTSD may also experience issues such as depression, risky drug and alcohol use, thoughts of hurting themselves, or physical health problems like chronic pain or high blood pressure.

If you or a loved one is in immediate crisis, **call 988 (National Suicide Prevention Lifeline)** or contact your local crisis resources. If you are outside of the U.S., access the [International Emergency & Suicide Hotlines](#). You may also escort them to the nearest emergency room.



Modern Health is your mental wellness benefit.

Access to personalized 1:1, group, and self-serve resources for your well-being, so that you can be the best version of yourself — at home, at work, and in your relationships. Scan this QR code to get started or visit my.modernhealth.com.



Modern Health Resources

Several effective treatments for PTSD and associated problems exist, and Modern Health has providers trained in these options. We encourage you to take time for yourself throughout the day and use these helpful resources that come with your access to Modern Health.



One-On-One Support

Modern Health can connect you with a certified coach or licensed therapist to help you address your needs. You can expect them to collaborate with you to develop a plan to address your stress and provide tools to navigate this experience moving forward.



Self-Guided Digital Programs

If you prefer self-paced resources, check out our library of digital programs, including our:

- [Managing Stress course](#)
- [Skills for Navigating Intense Emotions course](#)
- [Tools for Better Sleep, Rest, and Movement Throughout Your Day course](#)



Guided Meditations

Modern Health also has short, guided meditations to give you a moment to find calm in your mind on topics such as:

- Stress and anxiety (2-10 minutes)
- Sleep (2-50 minutes)



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