

WHEN IT'S MORE THAN JUST A MEMORY

Trauma can leave behind wounds you cannot see. But the pain remains and grows, manifesting into anxiety, depression and thoughts beyond your control. Because the body remembers what the mind fights desperately to forget.

Post-traumatic stress disorder is real, common and may require treatment. Understand your past to find the future you deserve.

**STOP THE STIGMA.
START THE
CONVERSATION.**

Call [NAME OF ASSOCIATION]
at (123) 456-7890 or visit
[amenityhealth.com](https://www.amenityhealth.com).



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