

# introducing RESILIENCY. SUPPORT. THERAPY.



## WHO

An employee assistance program specifically for victim service providers in North Dakota wanting to address the impact of working in high stress and trauma-exposed fields.

## WHAT

Individual sessions focused on building resilience for working in trauma-exposed fields, low-impact debriefing, vicarious trauma support, or evidence-based therapy for vicarious trauma.

## WHERE

RST has designated providers with specialty training and expertise in treatment of trauma and vicarious trauma. Select a RST provider and call to schedule your confidential session either in-person or via telehealth.



Address the *impact* of working with  
*high stress and exposure to trauma*



rst designated providers

## FREE TO MEMBERS!

For more information about the RST Program and membership,  
please visit: [buildingresiliency.org](https://buildingresiliency.org)

Sessions Available Now → Don't Delay

YOUR HEALTH & WELL-BEING IS A PRIORITY!