

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, secondary traumatic stress support, or evidence-based therapy for secondary traumatic stress.

WHERE

RST has designated providers with specialty training and expertise in treatment of trauma and secondary traumatic stress. 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

Sessions Available Now → Don't Delay

YOUR HEALTH & WELL-BEING IS A PRIORITY!