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W O U N
D S A R E
V I S I B L E
P T S A W A R E N E S S

Together, we can take post-traumatic stress out of the shadows and push it into the light.



We are here to help.
thecounselingteam.com | 800.222.9691

This content is provided as a support resource and is not intended to replace recommendations from a physician or licensed mental health professional. Dial 911 for life threatening events.

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