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



**We are here to help.**

[thecounselingteam.com](https://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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