



Let us give you the tools to feel better.

So many nurses, physicians and healthcare providers face intense anxiety, stress and trauma from their everyday work. Who responds to these struggling health care providers? **We do.**

Relief is around the corner

## Anxiety & Depression

These are normal reactions to high demands and extraordinarily stressful situations. Our Boost Programs guide you through with the understanding and support of your colleagues with familiar stories and recognizable burdens.

Depending on your needs, we have two Boost Program options: A time-limited, 10 session support and skills program, or ongoing care in our one-day a week Dialectical Behavior Therapy (DBT) for Healthcare Providers program.



## There is relief around the corner

Whether you attend in-person or online via our Virtu-Clinic, we're here and ready to respond along with colleagues who have walked in your shoes.

Get back to a better place, at work, at home, and emotionally.



VISIT [mhs-dbt.com](https://mhs-dbt.com) or CLICK the LINKS to learn more about our programs. Call 952-835-2002 to schedule an intake assessment.

### In-Network Insurance:

- HealthPartners
- Medica
- Preferred One
- United Healthcare
- Aetna
- BCBS
- Cigna

### Prioritize your needs TODAY

1. Schedule an in-person or online appointment
2. Share your story
3. Get started on the path back