

## Heal from Trauma with Support

A traumatic event or a series of traumatic events are a common cause of significant stress on mental health. Traumas include experiences that may be unnoticed by others such as bullying, harassment and poverty; as well as life-threatening situations such as natural disasters.

When you experience trauma, your mind and body respond to protect you from further harm. It is important to seek support from someone you can trust as you navigate these situations.

NuVantage behavioral health counselors offer support for healing from trauma and provide healthy coping skills. Call NuVantage today to be connected with a behavioral health counselor if you are struggling with the impact of trauma.

For information and tools, search **coping skills** on the NuVantage Wellness Portal.



When you are struggling with a situation in your life, you need the right help at the right time. NuVantage is here for you.

Free and confidential.  
24 hours a day, 7 days a week.

**800.577.4727**

NuVantage.org | NuVantage@lssmn.org



**Lutheran  
Social Service**  
of Minnesota

Provides NuVantage Employee Resource as a service

**Imagine** new possibilities.  
**Create** solutions that work for your life.

## How to Nurture Healthy Relationship Skills for Your Child

Did you know that the main influencers of romantic relationships in young adults are parents or primary caregivers? How are you modeling your standards for healthy relationships?

Consider these ways that modeling your behavior will nurture your child's healthy relationship skills:

- Love and accept your child for who they are; everything from personal style to sexual identity.
- Listen to their thoughts and ideas without judgment.
- Answer questions honestly in an age-appropriate way.
- Discuss relationship roles and romantic culture in the media.
- Affirm that mistreatment in relationships is never appropriate.
- Model appropriate and healthy relationships with your romantic partner.

Connect with a NuVantage behavioral health counselor for parenting support as you nurture your personal values and healthy relationships. Search healthy relationships on the NuVantage Wellness Portal for more information.



### Wellness Portal Webinars

**12:30 PM – 1:30 PM CST** the second Wednesday of each month

Registration access is located on the right side of the Wellness Portal main webpage.

Archived webinar recordings are available at the bottom of the home page.

**December 14** – Family Dynamics During the Holidays

**January 11** – Managing Your Money in Tough Times

**February 8** – Minimizing Worry to Maximize Your Life

**March 8** – Workplace Differences: A Matter of Style

NuVantage can help.

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**Contact Us Today!**