

Helping trauma survivors find lasting peace



What is PTSD?

The prolonged symptoms that can develop from a trauma including:

- Hypervigilance
- Nightmares and flashbacks
- Negative alterations in thoughts and mood
- Low self-esteem
- Avoidance
- Insomnia

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My experience with Nema absolutely exemplifies what mental health treatment should be like in a perfect world. I would absolutely encourage anyone with PTSD to look into this program because it was life-changing for me.

-Nema graduate

Why Nema treatment works

First-line trauma treatment

Cognitive Processing Therapy helps you think differently about yourself and the world

Coordinated care team

Your personalized care team includes a therapist, a peer navigator who's been through it, and a psychiatrist if needed

Treatment that fits your life

Your team coordinates care so you can reach healing on your own terms

Nema's evidence-based care is helping patients find freedom from trauma

93%

no longer meet the criteria for PTSD after Nema treatment

Get in touch to learn more

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To respect patient privacy, images feature models

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Nema Health is an independent organization providing Independence Blue Cross members with access to trauma therapy.