

Dear Former Trauma Patient,

Most of us have little experience with traumatic injury. A sudden injury, hospital stay and length of recovery can be filled with uncertainty, anxiety and frustration. The **Trauma Survivors Network (TSN)** at the *[Insert Hospital Name Here]* is designed to support trauma patients during their recovery.

Find Support

You can find resources on our website, www.traumasurvivorsnetwork.org. Here you will find many useful resources to help with recovery. One great feature is the website is the collection of trauma survivors' stories. Here you can read about their experience and how they are doing now.

When you have experienced a major event in your life, like being injured, it is helpful to talk with other people who are facing similar challenges. Currently, we are holding a **Trauma Survivors Support Group**, where you can experience this support, on the 2nd Wednesday of each month. This group meets *[Insert Location Here]*. The TSN can also help you find a support group near your home, if you do not live near *[city]*.

Another program we offer is called **NextSteps©**. **NextSteps©** is a six week online class where trauma survivors work together and with a trained group leaders to explore the ways life has changed. You will also learn how to move forward on the road to recovery.

Support Others

We also are looking for anyone interested in **Peer Visitation**. This is a program where we arrange for former trauma patients to meet with currently hospitalized trauma survivors to offer encouragement and support. As one of our former trauma patients you know what it is like to be in that hospital bed. You have faced discharge, rehabilitation, and the uncertainties of recovery. As a peer mentor you receive training and continued support, and would be able to arrange convenient times to meet with patients in the hospital.

Stay Connected

The TSN is on Facebook and Twitter! You can find us at www.facebook.com/TraumaSurvivorsNetwork and @TraumaSurvivors.

Feel free to contact me for more information or if you interested in participating in any of our programs.

Sincerely,