

Helping Patients and Families Heal

The Trauma Survivors Network (TSN) is a community of patients and families who are looking to connect with one another and rebuild their lives following serious injury.

The American Trauma Society (ATS) supports the TSN by providing programs and resources to trauma survivors and their families.

Sutter Roseville Medical Center has partnered with ATS and TSN to bring these programs to the patients and families we serve.

We encourage you to use the resources and hope you find them useful during your recovery.

trauma survivors
network
provided by **ATS**



Visit Us Online

www.sutterhealth.org/srmc

www.traumasurvivorsnetwork.org/trauma_centers/135

www.sutterhealth.org/services/physical-therapy-rehabilitation/sutter-rehabilitation-institute

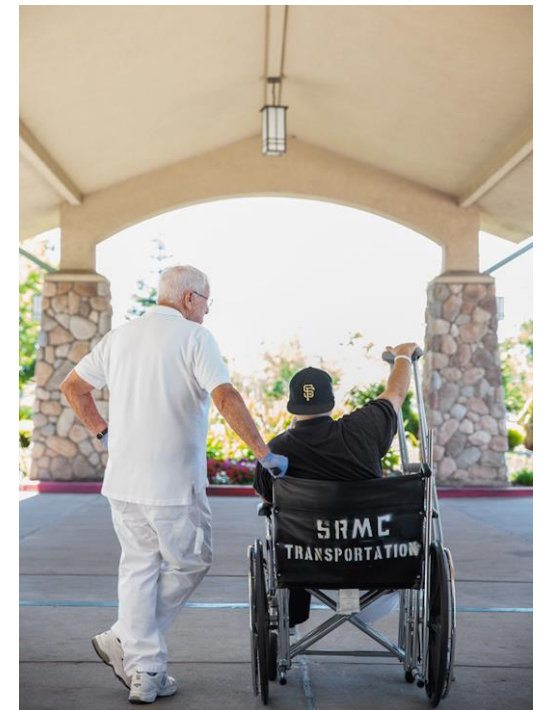
Like Us



Trauma Survivors Network

Trauma and Acute Care Surgery Program

Sutter Rehabilitation Institute



Trauma Survivors Network



The Trauma Survivors Network (TSN) is a community of trauma patients and families with shared experiences.

The TSN website is a place to gain information and connect with others through classes and forums to assist in your recovery.

Joining this community can help ease the anxiety and frustration often experienced after a sudden injury.

"It's important to have the support from other people that have been through this. We all have things in common, and that's what helps."

— Steve, trauma survivor

www.traumasurvivorsnetwork.org

NextSteps Program

The NextSteps Program is a free, interactive online program for Survivors offered through the Trauma Survivors Network that can be accessed at your convenience.

About the NextSteps Program

- It is based on self-management principles.
- You can learn skills to help you take an active role in your recovery.
- It can increase your confidence and sense of empowerment.
- You can participate in weekly classes with other trauma survivors.
- The classes are led by trained leaders.

For program details, visit:
www.traumasurvivorsnetwork.org/pages/nextsteps

To enroll in NextSteps, visit:
www.nextstepsonline.org

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survive. connect. rebuild.

TSN Community Forum

The Trauma Survivors Network (TSN) website provides a Community Forum for trauma survivors and their families to share experiences and offer support. The forum is available 24/7 on the TSN website. Click "Resources For Survivors" tab.

Sutter Health Support

Through the Sutter Rehabilitation Institute, we offer support groups to patients with traumatic injuries such as amputations, spinal cord injury, and traumatic brain injury. Peer visitors are also available to listen and offer encouragement.

For more details, visit:
www.sutterhealth.org/services/physical-therapy-rehabilitation/education-support-sri

Call: (877) 870-2588

