



## WELCOME TO THE TRAUMA SURVIVORS NETWORK (TSN)

A program for trauma survivors and their families

### WE ARE HERE FOR YOU

Most of us have little to no experience with traumatic injuries. But these unexpected events and their ensuing hospitalization, treatment, and recovery period can lead to anxiety, frustration, and feelings of uncertainty. Know that you are not alone!

### WWW.TRAUMASURVIVORSNETWORK.ORG

The TSN website provides a safe place for trauma patients and their loved ones to connect with others who understand their unique situation and get the information they need to help rebuild their lives.

Once you join the TSN and sign up with your trauma center, you have access to the following:

- An online community where trauma survivors and their families share experiences and information, as well as provide support and hope to one another
- Access to NextSteps™ online, a class designed to help survivors manage life after serious injury
- The “Traumapedia”, an online resource for information, where you can learn about trauma care and rehabilitation
- Information about other TSN programs and events which may be available through your trauma center

trauma survivors  
**network**  
provided by **ATS**  
survive. connect. rebuild.

To learn more about the Trauma Survivors Network (TSN), or to participate in the program, please contact the Carilion Roanoke Memorial Hospital Trauma Outreach and TSN Coordinator Ottilia Lewis RN, BSN, TCRN at [traumaoutreach@carilionclinic.org](mailto:traumaoutreach@carilionclinic.org)

I am not what  
happened to me but  
what I have become.  
-Trauma Survivor

Recovery is not a  
simple linear process.  
Accident survivors  
go through complex  
trauma. Decoding  
different aspects of  
recovery is a lifelong  
process. TSN survivors  
are able to access  
support to make  
recovery an  
easy journey  
-TSN Member



Scan the QR Code for  
Registration and  
Information

  
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