



# Trauma Survivors Network: *Your Recovery Partner*

**“WHAT’S NEXT” PROGRAM - FOR FAMILIES** | *weekly*

A program designed to prepare you and your loved one for the days ahead. Sessions are informal and open to everyone.

*“You are going to need some help. You can’t do this alone.”*  
– Paul F., patient’s husband

**PEER VISITOR PROGRAM** | *always available*

Learning from others who have experienced trauma can be helpful. The Peer Visitor Program uses trained, experienced trauma survivors to visit patients and families in order to share their recovery experiences and encourage new survivors to move forward. TSN Peer Visitors offer the kind of support only a fellow trauma patient can provide.

**TRAUMA SURVIVORS NETWORK WEBSITE** | *always available*

The TSN website, [www.traumasurvivorsnetwork.org](http://www.traumasurvivorsnetwork.org), provides an opportunity for trauma patients and their families to connect with others and get the information they need to help manage injuries and rebuild their lives. The resources, information and support available through the website can help reduce the stress, anxiety and frustration many people experience after a serious injury.

**PEER SUPPORT GROUP** | *monthly*

Traumatic injury can affect you in many ways. It can be helpful to talk with others who have been through trauma and are recovering. Monthly support groups offer an opportunity to share your experiences and offer inspiration to others. Support group meetings are open to patients, family and friends.

**NEXTSTEPS™ PROGRAM** | *always available*

NextSteps is a 6 week (on-line or in person) class that helps survivors manage life after serious injury by building on their strengths and developing new coping skills. This course can help trauma survivors understand the ways life has changed, deal with uncertainty, and move forward. NextSteps recognizes that YOU play the most important role in your recovery.

**QUESTIONS?**

Ask your nurse, or contact your TSN Coordinator at [TSN@umm.edu](mailto:TSN@umm.edu) or 410-328-5545.