

**Welcome to the
Trauma Survivors Network
(TSN)**

The Trauma Survivors Network (TSN) is a community of patients and their 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.

University of Utah Health has partnered with ATS and TSN to bring these programs to the patients and their families we serve.

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



To learn more contact:
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trauma survivors
network
provided by **ATS**
survive. connect. rebuild.

Programs for
Trauma Survivors
and Their
Families.

HEALTH
UNIVERSITY OF UTAH

The banner features a red header bar at the top. Below it is the Trauma Survivors Network logo and tagline. The middle section shows a photograph of two people silhouetted against a sunset sky, climbing a hill. The bottom section contains the text "Programs for Trauma Survivors and Their Families." and the University of Utah Health logo, which consists of a red "U" with a white DNA helix inside, followed by the word "HEALTH" in large red letters and "UNIVERSITY OF UTAH" in smaller red letters below it.

Trauma Survivors Network



The Trauma Survivors Network (TSN) is a community of trauma patients and their 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.



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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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

