Help us celebrate trauma survivors!

- Print this sign and write a phrase such as “I am a survivor!” or “I love a survivor.”
- Take a picture holding the sign.
- Upload the picture to Facebook, Twitter or Instagram using #TraumaSurvivorsDay or #NTSD
- Tag your survivor, support system or family members.
- Tag your trauma center and connect with us:
  - @TraumaSurvivors
  - https://www.facebook.com/TraumaSurvivorsNetwork

#TraumaSurvivorsDay
#NTSD