



Connect with the Trauma Survivors Network

TSN@AtriumHealth.org

704-351-7882

www.TraumaSurvivorsNetwork.org

Atrium Health's Behavioral Health Programs

704-444-2400 or 800-418-2065 or
visit [AtriumHealth.org/Behavioral-Health](https://www.AtriumHealth.org/Behavioral-Health)

The National Center for Post Traumatic Stress Disorder

802-296-6300 or visit [ptsd.va.gov](https://www.ptsd.va.gov)

National Institute of Mental Health

1-866-615-6464 or visit [nimh.nih.gov](https://www.nimh.nih.gov)

National Suicide Prevention Lifeline

1-800-273-TALK (8255) or visit [suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org)

The Substance Abuse and Mental Health Services Administration

National Helpline: 1-800-662-HELP (4357) or visit [samhsa.gov](https://www.samhsa.gov)

American Trauma Society

800-556-7890 or visit www.amtrauma.org

National Domestic Violence Hotline

1-800-799-7233 or visit www.thehotline.org

Brain Injury Association of America

1-800-444-6443 or visit www.biausa.org



Atrium Health

Trauma Survivors Network

The Trauma Survivors Network (TSN) is a community of patients and families seeking to connect after serious injuries. The Trauma Survivors Network brings together those who have experienced trauma and provides support throughout the recovery process.



Atrium Health

In the Hospital

Peer Visitation

When you are in the hospital, you can meet with a trained volunteer who is a survivor of traumatic injury or a loved one of a trauma survivor. Trauma Survivors Network peer visitors will share their experience with you, listen to your story, and offer support on how to move forward after trauma. The Trauma Survivors Network team will help you set up a peer visit. You can also ask your nurse to connect you. Peer visitation is also available over the phone after discharge from the hospital.

Trauma Survivors Network Family & Friends Snack and Chat

Where: 11th floor family waiting room (between 11A and STICU)

When: Any time between 11 a.m. to 12 p.m. every Tuesday

What: Family and friends of patients on the Trauma units are invited to take time to recharge and find support. We provide free coffee and snacks each week. Trauma Survivors Network team members are available to help support you throughout your loved one's hospital stay and to share resources for the recovery process.

After Leaving the Hospital

Trauma Survivors Network Groups

After you leave the hospital, please join us each month for support groups. Meeting with others who have experienced a serious injury can be helpful. Group meetings provide an opportunity to share experiences, learn tools for adjusting to changes, and find peer support.

The three groups offered are:

- Survivors Group: adults who have experienced a traumatic injury
- Family & Friends Group: loved ones and caregivers of trauma survivors
- Kids Group: children who have experienced a traumatic injury or injury within their family

Groups meet on the fourth Tuesday of each month from 6:30 to 8 p.m. at Carolinas Rehabilitation, 1100 Blythe Blvd., Charlotte, NC 28203. Free parking is available at Carolinas Rehabilitation Lot D. Please contact the Trauma Survivors Network Coordinator for more information.



“[The peer visitor] was really nice and encouraging. Life will go on. I can get through this because he did.”

– Trauma Patient