Survive.
Connect.
Rebuild.

# TRAUMA SURVIVORS NETWORK

The Trauma Survivors Network (TSN) provides a place for trauma survivors and their loved ones to connect with others and get the information they need to help rebuild their lives. Support and resources can help reduce the anxiety and frustration often experienced after a serious injury. Recovery is not a journey to face alone, we're here to support you along the way.

## *Support Groups*

Sharing your thoughts, concerns, and hopes for the future with others facing similar challenges can help your own recovery. Support groups offer trauma survivors the chance to gain the confidence and support needed to move forward in their recovery.

## *Peer Visitation*

Peer visitation is getting the chance to talk with someone who's "been there." TSN peer visitors can relate to the uncertainty you might have about your recovery, and offer understanding and tips. Most important, they are there to listen.

## *NextSteps*

The NextSteps program is a self-management course that teaches you how to take control and become more active in your own recovery. The virtual course is self-paced with a weekly live chat.

## *TSNotebook*

The TSNotebook is a collection of resources on the TSN website. We hope you can take a page from our book to answer the questions you have during recovery and beyond.

**Join Today**

www.traumasurvivorsnetwork.org