

Navigating the Madness of the Healthcare System

MARCH 2025 TRAUMA SURVIVORS NETWORK VIRTUAL SUPPORT GROUP

trauma survivors
network
provided by **ATS**
survive. connect. rebuild.

ATS
American Trauma Society

Welcome

We're glad you
joined in.

Here's how to best
participate in this
virtual group.

What to Expect

- ▶ Introductions
- ▶ Group Activity & Discussion
- ▶ Follow Up Email

This is a Safe and Brave Space

- ▶ Safe
- ▶ Confidential
- ▶ Respectful





**Additional Support and
Resources
in the United States**

**United States
Suicide and Crisis Lifeline
988**



Additional Support and Resources in Australia & Canada

**Australia:
Lifeline –
13 11 14**

**Canada:
Crisis Services
Canada –
1-833-456-4566**



First Name

Introductions

A little bit about your survivor story

If you had to describe your experience with the healthcare system in one word, what would it be?

Guiding Questions



1. Can you share a moment in your healthcare journey that was particularly challenging or surprising?
2. What did you learn from it?
3. How did you advocate for yourself in that moment?
4. What do you wish had been different?
5. What support (if any) made a difference?

Activity: A note to myself early in my recovery

If you could go back to the first few weeks after your injury, what's one thing you wish you had known?



Thanks for Joining In!

- ▶ Would you like to connect one-on-one with a TSN Peer Visitor online?
- ▶ Are you getting the monthly TSN Group Registration Invites via e-mail?
- ▶ E-mail TSN@amtrauma.org

