



**Connect with the Trauma Survivors Network**

TSN@AtriumHealth.org  
704-351-7882  
TraumaSurvivorsNetwork.org

**Atrium Health Behavioral Health,  
A Facility of Carolinas Medical Center**  
704-444-2400 or 800-418-2065  
AtriumHealth.org/BehavioralHealth

**The National Center for Post-Traumatic Stress Disorder**  
802-296-6300 | ptsd.va.gov

**National Institute of Mental Health**  
866-615-6464 | nimh.nih.gov

**National Suicide Prevention Lifeline**  
800-273-TALK (8255) | suicidepreventionlifeline.org

**Substance Abuse and Mental Health Services Administration**  
National Helpline: 800-662-HELP (4357) | samhsa.gov

**American Trauma Society**  
800-556-7890 | amtrauma.org

**National Domestic Violence Hotline**  
800-799-7233 | thehotline.org

**Brain Injury Association of America**  
800-444-6443 | 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. TSN brings together those who have experienced physical trauma and provides support throughout the recovery process.



**Atrium Health**

## Peer Visitation

Meet with a trained volunteer who is a survivor of traumatic injury or a loved one of a trauma survivor. These Trauma Survivors Network peer visitors will share their experience with you, listen to your story and offer support on how to move forward after an injury. Peer visitation is also available over the phone or virtually via video chat. Let the TSN team know if you would like a peer visit and they will set one up for you.

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## Trauma Survivors Network Trauma Resilience and Recovery Program

The Trauma Resilience and Recovery Program (TRRP) addresses the emotional health needs of patients after traumatic injury. After a screening to assess your emotional well-being, you may be offered a session with a member of the TSN team to help you better understand what to expect and common reactions after injury. With your permission, we may contact you one month after your hospital stay to check on your emotional recovery. If needed, we can help you arrange counseling services.

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

– Trauma Patient

## Trauma Survivors Network Groups

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 3 groups offered are:

1. Survivors Group: adults who have experienced a traumatic injury
2. Family & Friends Group: loved ones and caregivers of trauma survivors
3. Teen/Young Adult Group: young people who have experienced a traumatic injury or injury within their family (open to high school and college-aged youth)

Groups meet the fourth week of each month. Please contact the Trauma Survivors Network coordinator for more information at [TSN@AtriumHealth.org](mailto:TSN@AtriumHealth.org) or call **704-351-7882**.

