

When trauma occurs, lives change—
and so should support.

The **Trauma Survivors Network (TSN)** is here to provide education, peer support, and community resources for survivors and families during recovery.

Why TSN?

Recovery is not just physical—it's emotional, social, and practical.

The TSN is a national program that provides support for anyone affected by a serious injury.

TSN helps survivors:

- ✓ Feel less alone
- ✓ Navigate strong emotions
- ✓ Build confidence after injury
- ✓ Find peer mentors
- ✓ Learn self-management skills

This program is provided at **no cost** to patients or families.

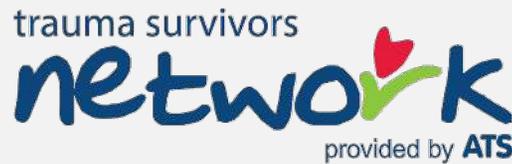
Visit Us Online

<https://tarheeltrauma.org>

Or Contact

Kathy Wilson, RN
UNC TSN Coordinator
katherine.wilson@unchealth.unc.edu

Jaclyn Portelli Tremont, MD MPH
Associate Trauma Medical Director
jaclyn_portellitremont@med.unc.edu



www.traumasurvivorsnetwork.org



Trauma Survivors Network

at



*Empowering Recovery.
Restoring Strength.*



Peer Support at UNC: TandemStride

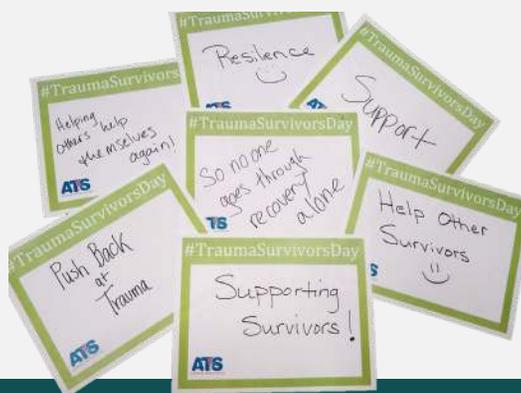
Real people. Real experiences. Real support.

TandemStride provides trained peer mentors, caregiver support, and navigation of community health resources.

It's confidential and practical support after injury.

Download the App today!

Use code: **UNCMC**



TANDEM STRIDE

Creating connections. Transforming trauma recovery.

TSN Support Groups



TSN offers regular, guided spaces to:

- Share stories
- Connect with others
- Learn coping strategies

Follow the QR code to find local and national support groups.



NextSteps

NexSteps is a free 6-week course to help you manage your life after injury.

WHAT YOU'LL LEARN:

- Self-management skills
- Emotional adjustment tools
- Identify and break cycles of anxiety
- Building a healthy support network

Start here to learn more



<http://www.nextstepsonline.org>



Other Resources

Ask your provider team about other resources available to you and your loved ones:

- Self-care activities (e.g., breathing exercises, coloring, journaling)
- Spiritual care
- Mental health support
- Educational resources
- Support after discharge