

# MAY IS: TRAUMA AWARENESS MONTH

### Articles of the Month:

May is National Trauma Awareness Month  
&

National Trauma Survivors Day: Celebrate with us on May 20, 2020!

## TRAUMA SURVIVORS DAY CELEBRATIONS!

**On May 20, 2020 share your support for survivors!**

Write a personal message of support and share a picture with a TSN sign on Social Media using #TraumaSurvivorsDay or #NTSD.

***Printable sign attached***

## OTHER RESOURCES

### Covid-19 Information

- [Atrium Health: What to know](#)
- [Centers for Disease Control](#)

***Links for all resources below, or clickable in PDF***

### Peer Visit Phone Calls

Please contact Leah Hindel at [leah.hindel@atriumhealth.org](mailto:leah.hindel@atriumhealth.org) if you are interested in a peer visit phone call.

## TRAUMA SURVIVORS NETWORK SUPPORT GROUPS

### Trauma Survivors Network May Groups

In-person TSN Survivors, Family & Friends, and Kids Groups are cancelled due to in-person restrictions around COVID-19.

**Please join our Virtual Support Groups instead! We will send information on how to join these Zoom meetings before each session.**

### TSN Virtual Support Group (for adults)

Tues., May 12, 2020 and Tues., May 26, 2020  
6:30-8:00pm

### TSN Virtual Kids Group

Tuesday May 19, 2020  
11:00am-12:00pm

### Online NextSteps Program

#### Launches May 20, 2020

NextSteps is a FREE online program to help manage life after a serious injury. Engage in weekly education modules and live chats with other trauma survivors. NextSteps explores the ways life has changed and how to move forward after traumatic injury.

Visit: [www.nextstepsonline.org](http://www.nextstepsonline.org) or see attached flyer.