## **Connect Online with Trauma Survivors Network**

Mount Sinai Morningside Trauma Center is proud to be a part of the Trauma Survivors Network (TSN). The Trauma Survivors Network (TSN) is an online community of trauma survivors and their families who are looking to connect and rebuild their lives following serious injuries

## Survive. Connect. Rebuild.

Joining our community can help ease the anxiety and frustration often experienced following a sudden injury and the resulting hospitalization.

The American Trauma Society, in partnership with Mount Sinai Morningside Trauma Center is committed to supporting and growing the TSN by providing programs and resources patients and families need to manage their recovery and improve their lives.

Becoming part of the TSN is easy to do – just

visit <u>TraumaSurvivorsNetwork.org/SignUp</u>. The website provides practical information on injuries and how they are treated and connects you with other survivors and families who understand the challenges you are facing.

To view our hospital page, visit:

www.traumasurvivornetwork.org/trauma\_centers/52-mount-sinai-Morningside. It also provides you with information about additional programs and services that are available at Mount Sinai Morningside Trauma Center.

## Some benefits of joining the TSN include:

- Connecting with others in similar situations and sharing experiences.
- Learning about injuries from trauma experts.
- Discovering how to meet the challenges of everyday life after injury.
- Giving hope and inspiration to others.