

Trauma Survivors Support Group

What is the purpose of this support group?

- Connect with other injury survivors to hear about their recoveries and have a space to share your story too. You may be inspired by someone's experiences or you may influence those who are just beginning their recovery.
- Learn ways to manage your own recovery. Each group may focus on a different behavior or coping strategy that can be helpful in managing stress levels and mood.

What does a support group look like?

- The group will be held online and will be facilitated by our trained staff to guide discussions, provide information about trauma and mental health, and offer support.
- The group is a safe place to share your thoughts and experiences. We recognize our participants are in different places in their recovery and may not feel ready to share and that's okay!

Do's and Don'ts

DO show up on time. Set aside 15 minutes before the start of the group to find a quiet and private space, log into your email and join the session. This is important because it ensures that facilitators have time to present the topic and attendees have time for discussion. If you are having technical difficulties, please contact us at 843-792-0979 or 843-872-1784.

DO make sure that you are in a private location. Sometimes we will talk about personal information, so it is important that we keep the group private. If you cannot find a private, quiet location, you can use headphones.

DO maintain confidentiality. What happens in group, stays in group. In support groups, we respect everyone's opinions and experiences. We ask you respect the privacy of other participants as you would like them to respect your own. Any information shared within group should not be shared with people outside of the group.

DO be respectful and listen to other's experiences. We'd like for everyone to feel comfortable sharing and it's good for everyone to feel heard and supported. You might pick up on something that could help you in your own recovery!

DO mute your microphones when you are not speaking and wait your turn to talk. This helps resolve issues with sound/audio so that everyone can clearly hear the person speaking. When you would like to talk, please raise your hand on screen or use the chat feature at the bottom of the screen so the facilitator can help you share your thoughts with the group.

DON'T be afraid. It's understandable to be nervous during your first time in group. Many others in the group are also with us for the first time, so rest assured that you are not alone!

DON'T hesitate to reach out to us with questions or concerns! We want to hear from you. You can contact us at trrp@musc.edu or at 843-792-0979.