



Adult Peer Support and Trauma

A trauma can be a scary, dangerous, or violent event that can happen to anyone, the more we learn about how traumatic events can affect ourselves, our children and our family as a whole, the more effective we can be at healing from trauma.

This website invites you to learn more about trauma across the lifespan for Family, Youth, and Adults helping to educate yourself on signs and symptoms of trauma within ourselves and our children with web-links to access further information and resources, using peer support as a wellness tool for healing our trauma and moving into recovery from trauma and to **becoming a survivor!**

The need for Reconnection

Meaningful relationships can help people heal from a traumatic experience. Peer support emphasizes reconnection, and as a peer supporter your role is to develop relationships that empower others to use their own voices and reclaim their power over their own lives and lead their own recovery from a traumatic event.

Trauma-Informed Peer Support is an Evidence Based Practice

Peer Support is an Evidence-Based, Trauma informed intervention that allows individuals, children and families to tell their trauma story.

- * Peer Support involves a non-clinical relationship involving mutuality
- * Peer Support is based on a common or shared experience
- * Having a “been there” relationship with someone provides insight into living beyond mere survival

We Heal in Relationships – Not in Isolation

Trauma= Disconnection

Peer Support= Reconnection



The Power of Language

Its not about “what is wrong with you” its about “what happened to you.”

Nebraska’s Network of Care: www.dhhs.ne.gov/networkofcare

Nebraska Family Helpline: 888-866-8660

Suicide Prevention Lifeline: 800-273-TALK