



Family Peer Support and Trauma

Peer support is a relationship based on equality, using personal lived experience to instill hope with others.

Peer Support is an excellent opportunity for individuals and families to begin their healing journey. Providing peer support to families who have experienced trauma is also an excellent healing opportunity for the person providing the support. Below you will find resources and ideas for such support.

- ◇ **Educate yourself** on trauma and trauma responses to ensure accurate responses to family crisis
- ◇ **Create** and maintain support groups for family members
- ◇ **Provide** accurate educational material and oral information to family members
- ◇ **Maintain** a structured and balanced relationship with the family so they may begin to rely on your presence as a source of support
- ◇ **Create** a non-judgmental environment. Leaving your opinions and bias at the door, this facilitates trust
- ◇ **Provide** multiple resources for the family which allows them to explore choice and options, putting them in control of their own recovery
- ◇ **Use** active listening to help families feel heard and validated

Dr. David Goldbloom, Chair,
Mental Health Commission of
Canada:

"Families need the opportunity to get support from other families – to learn from the experience of other families who have had to deal with a family member who has faced their own struggles. There is a huge amount to be learned from other families as well as a huge amount of support that people can get – from other families, from that shared experience."

What Can My Family Do to begin to Recover

- * Be patient with each other
- * Have conversations releasing anyone from blame or shame
- * Assure the person that they are safe
- * Create a structured environment so the affected person can know what to expect
- * Educate yourself and others about trauma reactions
- * Take time to care for yourself to help you care



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

Nebraska Family Helpline: 888-866-8660

Suicide Prevention Lifeline: 800-273-TALK