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Information about Trauma (TRiM) Risk Management

What is Trauma Risk Management (TRiM)?

- TRiM is an evidence base, trauma-focused peer support system
- It is designed to help people who have experienced a potentially traumatic event at work
- TRiM practitioners are trained to understand the psychological effects that traumatic events can have upon people
- It is not counselling or therapy

What happens in a TRiM conversation?

You are offered the opportunity to reflect on what has happened and how this may have impacted on you. The TRiM Practitioner will be able to provide psychoeducation around trauma and identify if it would be useful to get additional support, and signpost you to this.

Who are the TRiM Practitioners?

Volunteers from within the wellbeing hub who have been externally trained and accredited. All TRiM Practitioners work to and abide by a code of conduct and confidentiality.



Staff
Wellbeing
Hub

When do I have a TRiM support conversation?

The first TRiM support conversation takes place as early as 72 hours to 14 days following an incident and normally takes about one hour to complete.

At the end of the conversation, a follow up will be booked in approximately a month's time, so we can see how you are doing as time has passed. This will identify if you need further assistance or signposting to additional support.

What happens if I need further support?

The TRiM Practitioner will talk this through with you and signpost you.

How do I access TRiM?

A representative from your organisation will contact the wellbeing hub with the name and contact details of the people involved in the incident. This is to prevent people having to relive the story to someone before the TRiM support conversation

If you are offered a TRiM support conversation, you can decide whether to accept or decline. They are purely voluntarily and would usually be conducted during work time.

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What about if I am suffering from stress/trauma without a recent incident?

TRiM is most effective in the early stages post exposure to a traumatic experience (ideally within seven days of the event). In cases of longer-term issues from trauma, then you can access free confidential support from one of our experienced staff members at the hub.

All you need to do is

Complete our online self-referral form via our website

<https://northeastnorthcumbria.nhs.uk>

Or, email us at HubstheWord@cntw.nhs.uk

Or, give us a call between 9.30am and 5pm on **0191 223 2030**

Confidentiality – GDPR

We know how important confidentiality is for many people using the Hub. We keep a record of the Trim conversation, but this information is kept very brief. If you want to see the information we record, we can share the proforma that is used. Your information will be kept confidential within our separate secure recording system. Only the Staff Wellbeing Hub team have access to this. We would always gain your permission before sharing your confidential information with anyone else. As with any service, there may be very rare occasions when we are required to override confidentiality. Examples of such rare situations are safeguarding issues, or significant immediate risk that cannot be otherwise managed.

Email us to opt-in for our free fortnightly Newsletter full of wellbeing updates, hub news and future events and activities. Follow us on Facebook and Twitter, or bookmark our website.

**www.northeastnorthcumbria.nhs.uk/staff-wellbeing-hub/
email hubstheWord@cntw.nhs.uk or call us on **0191 223 2030****

You can follow us on social media too –

Facebook @WellbeingHubNE

Twitter @WellbeingHubNE

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