

TRIM PATHWAY

SHROPSHIRE, TELFORD & WREKIN TRAUMA RESILIENCE
MANAGEMENT



Have you gone through a stressful or traumatic event at work?

Do you feel as though there has been **an accumulation of events** that feels as though it is **getting too much?**

Would you like some **extra support with coping with this?**

We as DNA TRIM practitioners, are offering support for teams and individuals in the form of direct, one to one and group support with immediate access and psychological support.

Line manager identifies potential trigger and completes normalisation brief.
Self referrals are made through contacting Shropshire MHS directly

Contact made with TRIM Central Hub:
Shropshire MHS
01743 368647

TRIM assesement and support undertaken in line with TRIM Protocol:
72 hours, 1 month and 3 month TRIM session offered