

Download the AfterTrauma app
from Google Play or Apple Stores.

Give feedback and find out more about the app

www.aftertrauma.org/recoveryapp

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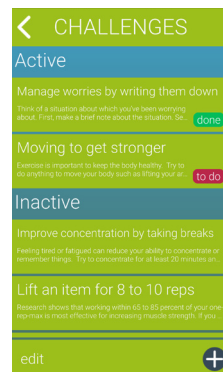
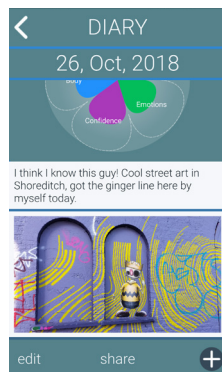
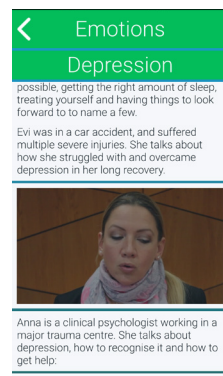
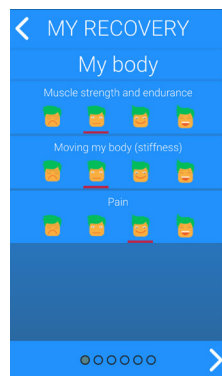
Queen Mary
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AfterTrauma

Recovery app

An app designed for survivors of serious injury who want a little help and guidance to rebuild their lives. The app features include a recovery tracker, challenges, diary, information sections, chat and much more.



Flower Tracker

This helps you track and see your progress. When you repeat the My Recovery questionnaire over time, the petals will grow or shrink to show you where you are on your journey.

Diary

Take notes and load pictures to document your recovery. If you want, you can export pages to share with family, friends and clinicians via email and social media.

Rehab Plan

Take a picture of your rehab plan and set goals for different aspects of your recovery. You can share this with family, friends and clinicians.

My Recovery

Fill out this short questionnaire regularly to see where you are with your recovery. Covers your Body, Emotions, Relationships, Confidence, and Life.

Challenges

Set challenges and activities to help you recover. There are some suggestions you can use but you can also set your own.

Chat

Chat is where you can connect with others recovering from injury, and share tips and support to help each other.

Trauma Voices

Throughout the app, trauma survivors and carers share their experiences and tips for recovery through text and videos. There is also a dedicated section for trauma survivor stories.

Information

There is lots of useful information to help you recover, ranging from rehab exercises, advice on returning to work, dealing with post-trauma stress, relationship impacts, **and more.**