



Welcome to the Trauma Pain Support (TPS) Programme.

You have been enrolled in the following programme, tailored to support your recovery journey:

Healing the Mind - Depression & PTSD

To get started, please read the information below carefully and follow the steps outlined.

How to Use TPS

TPS is a self-guided, trauma-informed programme designed to support your emotional and physical wellbeing.

To help you navigate the programme, please download and read the Client Access Guide. The guide will walk you through:

- What to expect from your TPS programme
- How to use the sessions, videos, and worksheets
- How to get the most from your recovery experience



TRAUMA PAIN SUPPORT®

Access Your Programme

Click the secure link below to begin your sessions:

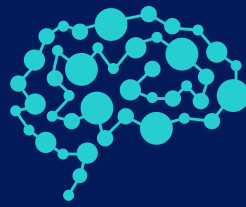
Link access: <http://bit.ly/46Kp85q>

This link is unique and should not be shared.

Yours sincerely,

The Trauma Pain Support Team

Appendix: Access Guide



TRAUMA PAIN SUPPORT LTD.

Appendix:

Access Guide

Welcome to the TPS Program. This digital programme is offered in partnership with your healthcare team and provided by Trauma Pain Support (TPS).

This guide helps you get started and understand what to expect.

1. Access Instructions

You will receive a secure link in your welcome letter to access the TPS programme assigned to you by your healthcare team. Please follow this link and create your personal account.

Access is **free of charge**, and your information will remain **completely confidential**. Trauma Pain Support (TPS) does **not** hold or store any of your data.

To create your account:

1. **Click the secure link** provided in your letter.
2. Enter your **email** and **full name**.
3. Click on “**New User**”, then re-enter your name, email, and **create a password**.
4. Click “**Sign Up**”.
5. A **secure code** will be sent to your email – enter this code when prompted.
6. Once logged in, you’ll see your programme dashboard.
7. Click on “**Start Course**”.
8. Begin with the **introductory video**, then progress through each session in order, starting with **Session 1**.
9. Complete the **worksheets** as you go, in collaboration with your healthcare team.

2. What to Expect

The program includes videos, guided exercises, and reflection tools designed to support your recovery. It is self-paced, and you can complete it over several weeks depending on your needs.

3. Technical Support

If you experience any issues accessing the program, please contact your healthcare team who referred you. They will support you or raise any technical issues with the TPS support team as needed.

4. Certificate of Completion

Please follow the instructions at the end of your programme to request a certificate of completion. This certificate may be useful for your records or as part of ongoing treatment or recovery planning.