

# Ensuring **no one** is left to cope on their own

**Day One** is a charity, created by patients for patients. We don't receive any NHS or Government funding and rely on generous supporters for 100% of our income.

We're on a mission to help anyone affected by major physical trauma rebuild their life. With your support, we can reach more people.



**“Day One gave me someone to talk to who understood exactly how I felt. That’s why I now volunteer and fundraise for Day One, to help more people like me.”**

**Henry Morris**, giving back to Day One after his motorbike crash

**Find out more**  
[dayonetrauma.org/get-involved](https://dayonetrauma.org/get-involved)



**How to access support:**  
Contact our dedicated National Support Offer.

**0333 034 2107**  
(9am - 5pm, Monday – Friday)  
[support@dayonetrauma.org](mailto:support@dayonetrauma.org)

**Quick and easy referral form**  
[dayonetrauma.org/supporting-you](https://dayonetrauma.org/supporting-you)



     
[@dayonetrauma](https://www.instagram.com/dayonetrauma)

**Charity number** 1194227  
**Company number** 13155922

**Registered address**  
Day One Trauma Support, Room LGI 12/0B017, Brotherton Wing B Floor, Leeds General Infirmary, Leeds, LS1 3EX

**Day One**  
Trauma  
Support

# Coping with **major traumatic injury**

National support

**Day One** is a national charity supporting anyone affected by major trauma. We provide practical, emotional, and financial support, alongside NHS clinical care, so you can begin to rebuild your life. From day one, and for as long as you need us.

“Day One helped me realise I wasn’t alone. They listened. They helped. And most importantly, I never felt judged when talking about how I was feeling. My family and I are forever grateful.”

## Experienced a catastrophic injury, or supporting someone who has? We’re here for you.

We provide a range of practical and emotional support to help with your onward journey, including:

- › Small grants for immediate costs, such as accommodation and travel, and ongoing recovery
- › Peer support from someone who understands what you are going through as they have been there too
- › Legal signposting to help with issues like injury compensation, employment rights and family matters
- › Support around accessing welfare benefits
- › Counselling and emotional support for families and loved ones

## Rebuilding lives after catastrophic injury

Our dedicated National Support Offer means you can reach us wherever you are in the UK. Major trauma patients have complex injuries and require expert care. We know this can be life-changing and the journey ahead daunting. That’s why we’re here. To ensure you don’t have to cope on your own.

We’re here for you when the time is right. You can contact us while you’re still in hospital, or when you leave. Our support doesn’t stop. From help with ongoing recovery costs, to peer support so you can speak to someone who is further along their recovery journey. Whatever stage you are on your recovery journey, we’re here for you.

All our contact information is on the other side of this leaflet, or ask a member of staff.

Support for patients and loved ones, from **Day One**

# Ensuring **no one** is left to cope on their own

**Day One** is a charity, created by patients for patients. We don't receive any NHS or Government funding and rely on generous supporters for 100% of our income.

We're on a mission to help anyone affected by major physical trauma rebuild their life. With your support, we can reach more people.



**“Day One gave me someone to talk to who understood exactly how I felt. That’s why I now volunteer and fundraise for Day One, to help more people like me.”**

**Henry Morris**, giving back to Day One after his motorbike crash

**Find out more**  
[dayonetrauma.org/get-involved](https://dayonetrauma.org/get-involved)



## How to access support:

[support@dayonetrauma.org](mailto:support@dayonetrauma.org)  
[dayonetrauma.org/supporting-you](https://dayonetrauma.org/supporting-you)



     
[@dayonetrauma](https://www.instagram.com/dayonetrauma)

Charity number 1194227  
Company number 13155922

**Registered address**  
Day One Trauma Support, Room LGI 12/0B017, Brotherton  
Wing B Floor, Leeds General Infirmary, Leeds, LS1 3EX

**Day One**  
Trauma  
Support

# Coping with **major traumatic injury**

Hospital support

**Day One** is a national charity supporting anyone affected by major trauma. We provide practical, emotional, and financial support, alongside NHS clinical care, so you can begin to rebuild your life. From day one, and for as long as you need us.

“Day One helped me realise I wasn’t alone. They listened. They helped. And most importantly, I never felt judged when talking about how I was feeling. My family and I are forever grateful.”

Experienced a catastrophic injury, or supporting someone who has? We’re here for you.

We provide a range of practical and emotional support to help with your onward journey, including:

- › Small grants for immediate costs, such as accommodation and travel, and ongoing recovery
- › Peer support from someone who understands what you are going through as they have been there too
- › Legal signposting to help with issues like injury compensation, employment rights and family matters
- › Support around accessing welfare benefits
- › Counselling and emotional support for families and loved ones

By your side throughout your recovery journey

**From day one**

Our friendly caseworkers are based in hospital so they can help you as soon as you need us. Major trauma patients have complex injuries and require expert care. We know this can be life-changing and the journey ahead daunting. That’s why we’re here. To ensure you don’t have to cope on your own.

**For as long as you need**

When you leave hospital, our support doesn’t stop. We’ll remain with you for as long as you need us. We understand that you may have new challenges. From help with ongoing recovery costs, to peer support so you can speak to someone who is further along their recovery journey. We’ll continue to listen and help.

All our contact information is on the other side of this leaflet, or ask a member of staff.

Support for patients and loved ones, from **Day One**