

Types of Support



Support after a burn injury comes in many forms, whether that is from friends or family or healthcare professionals. For mental and emotional support there are many avenues that survivors and supporters can pursue, such as 1x1 peer support, support groups, and therapeutic support. Here is information about different types of support available.

Peer Support

1x1 Peer Support – Before a burn injury most people have never met a burn survivor. Peer-to-peer support is a way to meet a burn survivor who has been through something similar and get information about their individual experience. It can be very useful in helping you not feel alone in your experience. Peer support can be arranged by your hospital through the Phoenix Society's SOAR (Survivors Offering Assistance in Recovery) program or by AARBF, who can help find a peer supporter that fits your specific needs/desires as a survivor or supporter. The supporter's perspective is, of course, limited to their own experience so may not provide the full picture.

Peer Support Groups – Support groups are places where multiple burn survivors and/or supporters are able to get together and share experiences. Support groups can take place in or out of hospitals and online via chats or video conferencing. Support groups can be broad or specialized (such as the AARBF Caregiver Support Group or an addiction-specific group). They can also be open-ended or have a focus on a particular topic. There are many support groups out there and here are some ways to find them:

- Through your local burn center
- Through your local AARBF office – AARBF hosts regional in-person peer support groups as well as CA state-wide online support groups
- Phoenix Society hosts a weekly online peer support chat group every Wednesday from 6-7:30 PM PST on Facebook.

Professional Support

Therapist (Psychologist, Therapist, or Counselor) – Professionals offer support and treatment through the broad use of non-medical interventions. Working with a therapist can be a great opportunity to speak one-on-one with an unbiased party who can direct care to help you work through specific struggles such as anxiety, PTSD, and self-esteem. Therapists each have different specialties, licenses, and skills that they can offer and it is important to understand these when searching for a therapist.

Group Therapy – While similar to support groups in their format, these are groups led by either a therapist or a psychiatrist that often focus on a specific topic such as PTSD.

Psychiatrist – Medical doctor who is able to diagnose and develop treatment plans for mental illness. This may be through the use of medications, support from a psychologist, or more complex treatments.

For any additional questions or support navigating any of the resources listed above, please contact AARBF:

Phone: 800-242-BURN * Website: AARBF.org * Email: Info@aarbf.org

Types of Support

(continued)



Recreational Support

Through AARBF:

- **For kids**

- Weekend regional recreational programs such as surf trip/beach adventure, ski trips, camping/outdoor trip. The Young Adult Summit weekend embraces survivors ages 16-20 focusing on life skills.
- Week-long sleepover summer camp (Champ Camp) where kids, ages 5-17, from all over California come together for a week of activities such as horseback riding, boating, go-carts, mini-bikes, archery, and more.

- **For families**

- The Family Getaway – a weekend family camp at Camp Oakhurst where the loved ones of a burn survivor may partake in age-appropriate, fun activities such as ropes course, paintball, talent show, swimming, and more.
- Day at the Park – come together with other families for a regional picnic and fun activities like face painting and games.
- Holiday Parties – AARBF hosts December get-togethers for families to gather, celebrate, and connect.

- **For adults**

- Adult Retreat – weekend getaway for adult burn survivors in Cambria, CA that includes being around other adult burn survivors and attending workshops on topics such as stress management, anxiety, meditation, yoga, intimacy, and more.
- Women's Empowerment Weekend – female survivors gather for a weekend of discovery and connection exploring their healing journey.



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