



About KRTS Power to Recover®

KRTS Power to Recover® is designed to help people recover from the psychological and emotional impact of the traumatic event they have experienced. Supported by a personal trauma coach, the online programme takes them from being overwhelmed and helpless, to being empowered and active in their own recovery. [Click here](#) to view a helpful 2-minute video explaining how it works.

Delivered by Health Assured, KRTS Power to Recover® is made up of 5 modules comprising of audio recordings and simple, tried and trusted, recovery strategies to use. It is delivered in bite-sized steps, which can be completed at their own pace.



This suits people who:

- Want to work independently and be self-sufficient and would prefer to take control of their recovery, with specialist support to guide them along the way.
- Prefer to work from the comfort and privacy of their own home or wherever it's convenient for them.
- Are unable/don't want to access traditional talking therapies.
- Are comfortable working on a computer
- Want to be able to access support in a simple format as and when it suits them in a matter of minutes.



How can it help?

KRTS Power to Recover® offers support and guidance to help you understand and move on from the emotional/psychological reactions that often include:

- Feelings of anxiety, anger or being on high alert.
- Thoughts and pictures coming into their head when they don't want them to.
- Avoidance of places and things that remind them of what happened – stopping them from getting on with their life.

What next?

If you feel that KRTS Power to Recover® is something that may help you, or you would like more information on this, or other options and alternatives that are available, the next step is to call the [Health Assured 24-hour confidential helpline](#) and you'll be directed to a specially trained KRTS Power to Recover clinical coach.