Not knowing can hurt

Providers

{insert local mental health or medical providers, case managers contact information here}

{Please see
Modifying the Brain Injury Self-ID Brochure
for more information}

Injuries from your past could be affecting how you think, feel or act today.

Look inside for information about traumatic brain injury.

Answer these

1. In your lifetime, have you ever been hospitalized or treated in an emergency room following an injury to your head or neck? Think about any childhood injuries you remember or were told about.

YES NO

2. In your lifetime, have you ever injured your head or neck in a car accident or from crashing some other moving vehicle like a bicycle, motorcycle or ATV?

YES NO

3. In your lifetime, have you ever injured your head or neck in a fight, from being hit by someone, or from being shaken violently? Have you ever been shot in the head?

YES NO

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Questions adapted from Ohio Brain Injury Program

5 Questions:

4. In your lifetime, have you ever injured your head or neck in a fall or from being hit by something (for example, falling off a bike, horse, or trampoline, falling on ice, being hit by a rock)? Have you ever injured your head or neck playing sports or on the playground?

YES NO

5. In your lifetime, have you ever been nearby when an explosion or a blast occurred? If you served in the military, think about any combat or training-related incidents.

YES NO

Did you answer YES to any of these questions? Talk to a provider today and learn more about traumatic brain injury.

Possible Symptoms Associated with Brain Injury

- Headaches
- Fatigue
- Vision problems (like blurred vision)
- Light/noise sensitivity
- Difficulty hearing
- Ringing in the ears
- Slowed movement
- Difficulty with coordination
- Balance problems
- Slurred speech
- Sleep problems
- Depression
- Anxiety
- Impulsivity
- Aggression/irritability

Difficulty With...

- Concentration
- Slowed information processing
- New learning/ memory
- Organization
- Initiation and follow through
- Communication