



You May Have a Concussion or Brain Injury

After You've Been Hurt in the Head, Neck or Face, Choked or Strangled or Were Hurt in a Way that Made It Hard to Breathe



Warning Signs

for Immediate Medical Care

- **Thinking/Behavior**
Confused, agitated, drowsy, blacked out, acting strange
- **Speech/Movement**
Slurred speech, trouble talking/swallowing, weak, shaky, uncoordinated
- **Body Alarms**
Severe headache, nonstop vomiting, painful breathing, peed/pooped without control

Follow up with a doctor 5-7 days later.

If you or others notice concerning symptoms—even without visible injuries—tell your doctor you were hurt and how. Symptoms can show up or get worse over time.



Changes you might notice

- Headache, sensitivity to light/noise, vision changes
- Memory gaps, confusion, slow responses
- Mood or personality changes: anxiety, depression, irritability



Rest your body and brain.
Reduce screen time and
avoid stress.

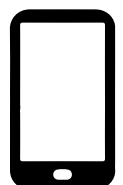
**You deserve to
be safe. Help is
available.**



Scan for more resources and information on
ODNV's page for Brain Injury Survivors

National Domestic Violence Hotline

Call 1.800.799.7233 or
text "Start" to 88788.



Please turn over for more information. —————>

**Stay with someone safe
and watch for delayed
signs.**

**Strangulation and head injuries are
dangerous and deadly.**

Strangulation is a **serious red flag**. It means future violence could be more severe, even deadly.

**Are you in danger right
now? If so, call 911.**

Think about the following questions and contact a domestic violence program to help you with a safety plan.

- Has the abuse become more severe or frequent?
- Do they have access to weapons, or made threats to use or get one?
- Have they tried or threatened to kill me, my children, themselves, or others?
- Do they control or monitor my activities or location?

**Things to Know About
Brain Injury and Domestic
Violence**

- Injuries from hits, falls, strangulation, and shaking can affect thinking, mood, and daily life—even without bruises or losing consciousness
- No brain injury is “minor”, especially if repeated
- Symptoms may appear long after injury
- Memory loss, mood changes, and trouble with daily tasks are common
- Scans don’t always show the injury—get a full medical evaluation
- With care, healing is possible—understanding your injury helps you recover and live well

Brain Injury & Violence History Log

Fill out this information and take it with you to your doctor or advocate. Fill out honestly, information provided is confidential.

Main Concern: _____

Most Recent Injury (Head, Neck, or Face):
Approximate Date: _____

Were you: HIT / STRANGLED / SHAKEN / OTHER? (Circle or specify)

History of Violence:

- Have you experienced repeated head, neck or face injuries? YES / NO
- Have you been strangled before? YES / NO

Medical Care History:

- Have you seen a doctor for your injury? YES / NO
- Have you been diagnosed with a concussion or brain injury before? YES / NO
- List current medical conditions, diagnoses and/or medications: _____

Symptom Log

- **Physical:** headaches, dizziness, vision changes
- **Emotional:** sadness, anger, anxiety, mood swings
- **Thinking/Memory:** trouble remembering, focusing, organizing, planning
- **Sleep:** trouble falling/staying asleep, feeling tired

List any symptoms/changes you’ve noticed:

When did symptoms/changes start?

Anything else you would like to share: