



# 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.

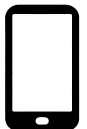
**You deserve to be safe.  
Help is available.**



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

## National Domestic Violence Hotline

Call 1.800.799.7233 or  
text "Start" to 88788.



Turn over for more information →

## Stay with someone safe & 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? If so, call 911.

*Review these questions and reach out to a domestic violence program for 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 & 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, and others may notice things are different about you.
- Scans don’t always show brain injury—get a full medical evaluation including neurological assessment.
- There is a lot you can do to support brain health. This can include having supportive relationships, managing stress, eating well, moving your body, and getting enough sleep.
- With care and support, healing is possible—understanding your injury helps you recover and live your best life.

## Brain Injury & Violence History Log

Fill out this information and take it with you to your doctor or advocate.

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:  
\_\_\_\_\_  
\_\_\_\_\_