

Have you ever
experienced a
situation that made it

**difficult to
breathe**

—such as choking,
strangulation, or an
overdose?

If so, this puts you at risk of having a brain
injury! Please talk to your advocate or scan
this QR code to learn more.



Have you experienced any of the following after a head injury...

- Feeling dazed, confused, or dizzy?
- Seeing stars or spots?
- Trouble with clear vision?
- Memory loss or blacking out?

You may have experienced a brain injury.

Please talk to your advocate, medical provider, or
scan this QR code to learn more.



Brain Health

Did you know...
a traumatic brain injury happens when there is a change to how your brain normally works due to a bump, blow, or jolt to your head?

Please talk to your advocate, medical provider, or scan this QR code to learn more.



Brain Health

Do you think you have brain injury? One of the first steps is to discuss this with a medical provider.

- Consider asking trusted friends or family if they have noticed any changes. Sometimes others notice things we don't.
- Write down this information and share it with a doctor, therapist or another person who is helping you.

Please talk to your advocate, medical provider, or scan this QR code to learn more.



Do you know common signs and symptoms of **brain injury**?

- **Physical problems:** Headaches, sleeping problems, sensitivity to light or noise, vision problems, dizziness, balance problems, fatigue, seizures
- **Emotional problems:** Worries and fears, panic attacks, flashbacks, sadness, depression, hopelessness, anger or rage, irritability, inability to control emotions or reactions
- **Problems with thinking:** Remembering things, multi-tasking, paying attention or focusing, problem-solving, getting things started, figuring out what to do next, and organizing

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