Getting Help

Q: What can I do if I think I have a TBI and am struggling with some of the things in this brochure?

A: Talk to your health care provider, your mental health provider and/or prison ADA coordinator for more information. They may be able to give you with more information and valuable tools to help you manage your difficulties.
A TBI, or traumatic brain injury, happens when the brain is hurt by things like fights, gunshot wounds, accidents and falls.

After, a TBI, the brain heals, but it does not always go back to how it was before.

Q: Do people get better after a TBI?
A: Yes, but how much depends on how bad the TBI was.

Q: Can a TBI from years ago affect me now?
A: Maybe. It depends on a lot of things and not all thinking problems are caused by a TBI.

What kinds of things can happen after a TBI?

- Headaches
- Dizziness
- Lights and sounds hurt
- Memory problems
- Brain gets tired
- Anger problems
- Feeling scattered
- Feeling more scared or stressed
- Drug/alcohol abuse
- Emotional trauma/abuse
- Other brain issues like ADHD and fetal alcohol syndrome
- Mental illnesses like depression, anxiety, schizophrenia, bipolar disorder and/or personality disorders
- Mood swings that don’t make sense to me
- Yelling more often, acting out before thinking how it will affect me
- Bright lights and loud sounds hurt my head
- Brain feels heavy, foggy and/or tired after a lot of thinking

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What does it feel like to have a TBI?

- Harder to find words
- Harder to understand people
- Harder to remember things people tell me
- Yelling more often, acting out before thinking how it will affect me
- Mood swings that don’t make sense to me
- Bright lights and loud sounds hurt my head
- Brain feels heavy, foggy and/or tired after a lot of thinking