

## 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.

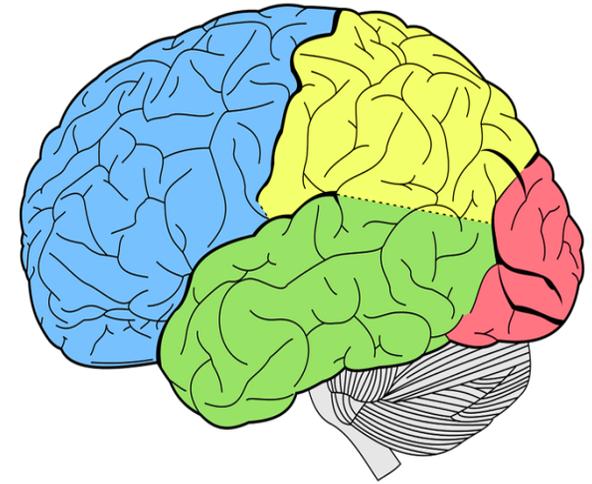


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## Traumatic Brain Injuries

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*A guide for  
incarcerated individuals*



## Definition

**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.

### 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

**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.

### Any of the following can affect someone's thinking skills

- ◇ 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

## 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