HAVE YOU TRIED EVERYTHING?

And something still doesn’t seem quite right?

It could be a...

Traumatic Brain Injury

If you feel like you’re not yourself, like something isn’t quite right, or if you’ve noticed that a loved one is struggling or acting differently, call

The Health Resource Line
1-888-222-2542
or visit
health.utah.gov/tbi
for a list of symptoms and to find out what help is out there.

HELP IS AVAILABLE
For more information visit health.utah.gov/tbi
TRAUMATIC BRAIN INJURY. SOUNDS LIKE THE KIND OF THING THAT, IF IT HAPPENED TO YOU, YOU’D KNOW IT. THE TRUTH IS, THE SYMPTOMS CAN BE SUBTLE. BUT THAT DOESN’T MEAN IT ISN’T SERIOUS.

You may have a Traumatic Brain Injury (TBI) if you have experienced any of the following:

» Headache or neck pain that won’t go away
» Lack of energy/tired
» Trouble sleeping or sleeping too much
» Sensitivity to loud noises or bright lights
» Blurred vision
» Ringing in the ears
» Loss of balance

Some changes in behavior from a TBI may include:

» Easily irritated; aggressive
» Not interested in things that used to be enjoyed
» Slow in thinking, speaking, or reading
» Hard time making decisions and solving problems
» Forgetting things that happened a few minutes or days ago
» Mood changes such as feeling sad, anxious
» Confused, get lost easily
» Hard time getting organized