

# Traumatic Brain Injury and Mental Health



**1 in 3 women**

experience IPV in their lifetime

up to **75%** of IPV survivors experience TBI



an estimated **50-75%** of IPV survivors experience some mental health or substance use concern

IPV survivors with TBI experience **more depression, stress, & anxiety symptoms**



## The relationship between TBI and mental health is complex

TBI can make existing mental health concerns worse



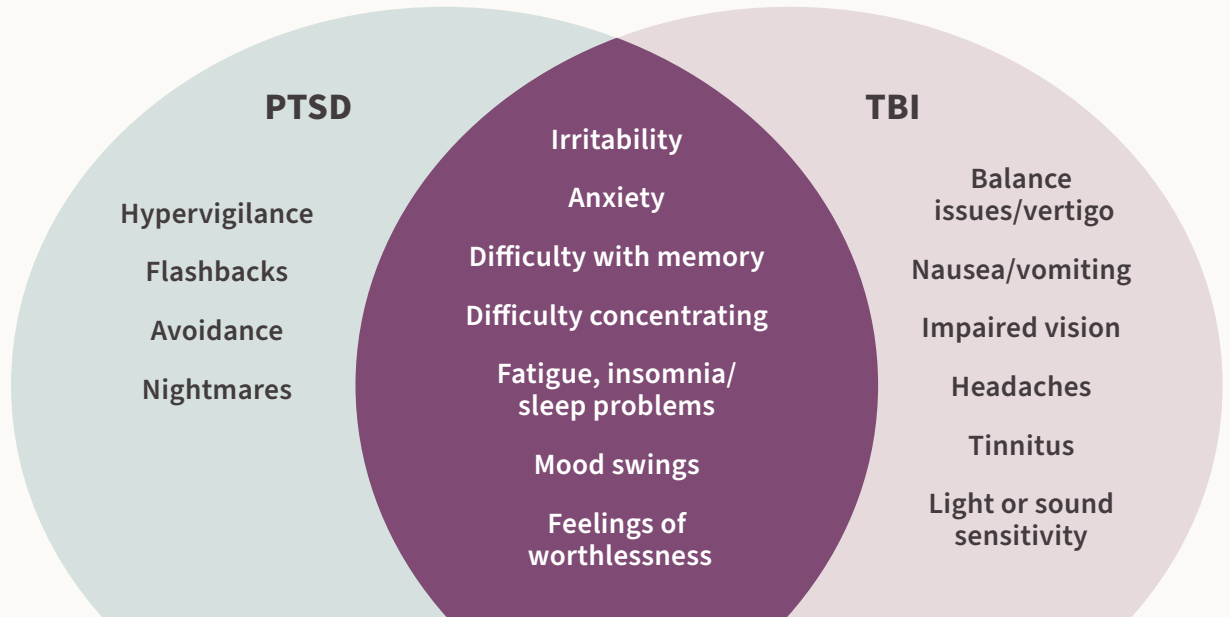
Mental health concerns can make TBI symptoms worse



**Why do we need to tell them apart?**  
Knowing TBI symptoms and assessing for possible history of TBI can help survivors get the care they need.



**TBI is often missed because it can look so much like PTSD, depression, or anxiety.**



For more information please visit the Abused & Brain Injured Toolkit at [abitoolkit.ca](http://abitoolkit.ca)