

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**



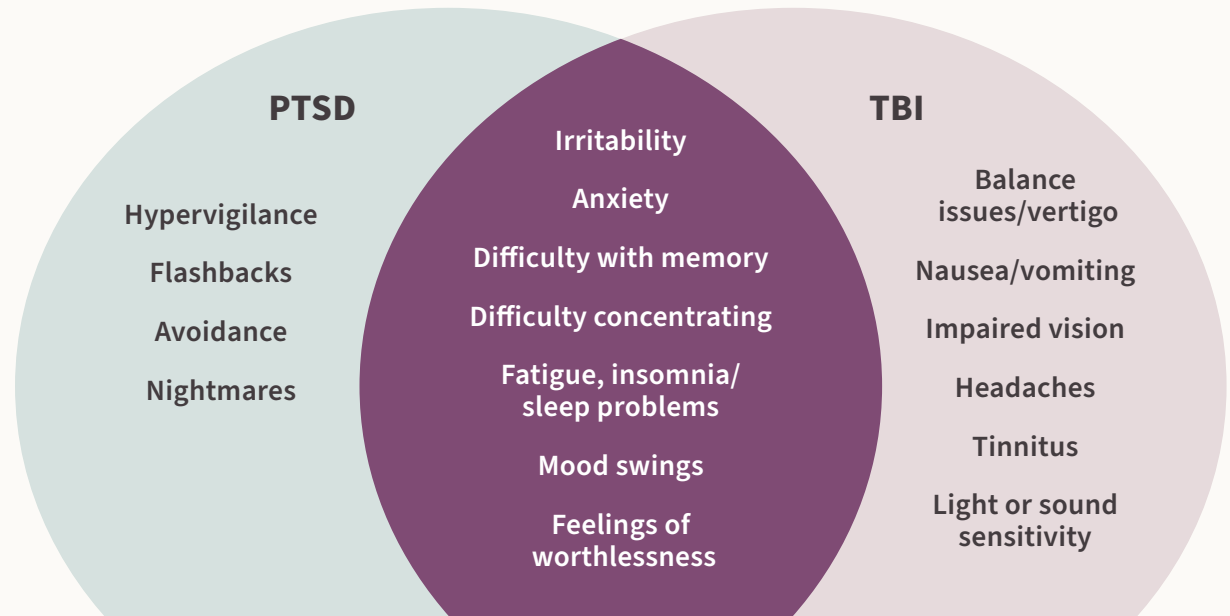
The relationship between TBI and mental health is complex



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 abitookit.ca