Traumatic Brain Injury and Mental Health



experience IPV in their lifetime



an estimated

50-75% of IPV

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.

PTSD

Hypervigilance

Flashbacks

Avoidance

Nightmares

Irritability

Anxiety

Difficulty with memory

Difficulty concentrating

Fatigue, insomnia/ sleep problems

Mood swings

Feelings of worthlessness

TBI

Balance issues/vertigo

Nausea/vomiting

Impaired vision

Headaches

Tinnitus

Light or sound sensitivity

For more information please visit the Abused & Brain Injured Toolkit at abitoolkit.ca

