



**You are not alone,  
help is available.**

## Contact us



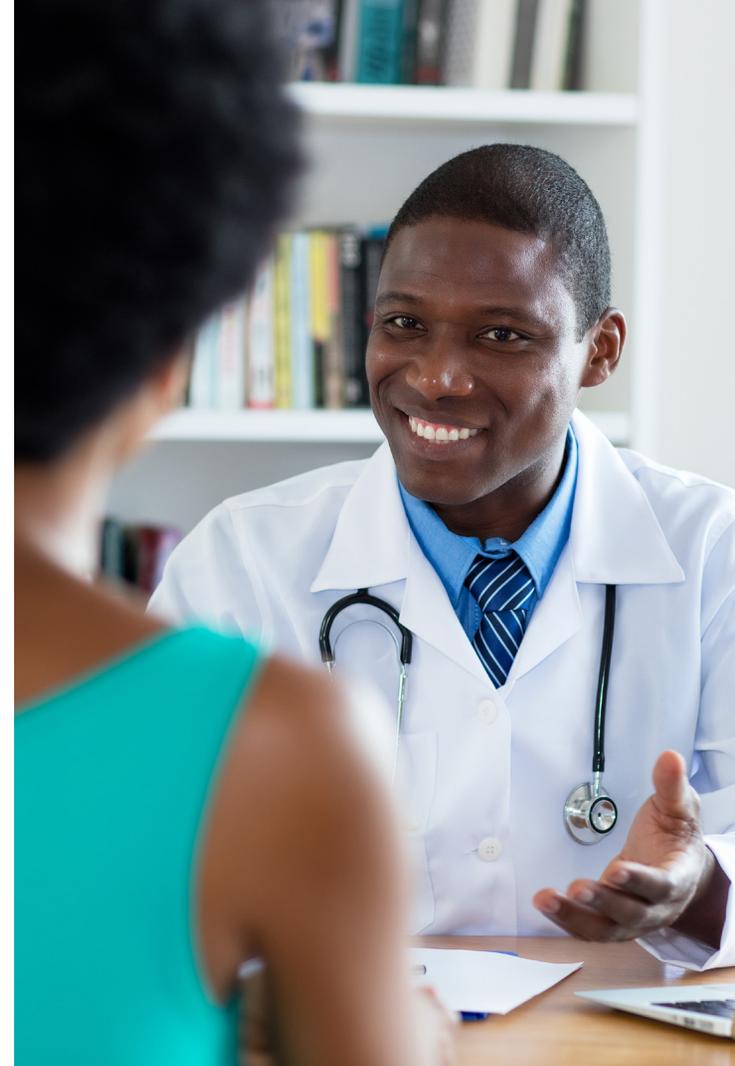
1-888-222-2542



[health.utah.gov/tbi](http://health.utah.gov/tbi)



[tbi@utah.gov](mailto:tbi@utah.gov)



# Traumatic Brain Injury

If you've had a concussion or head injury, help is available.

Utah Traumatic Brain Injury Fund  
[health.utah.gov/tbi](http://health.utah.gov/tbi)  
1-888-222-2542



UTAH DEPARTMENT OF HEALTH  
Violence & Injury Prevention Program

Behavior, thinking, and emotional changes may also occur after a TBI.

### These symptoms may include:

- Trouble sleeping or sleeping too much
- Difficulty concentrating
- Easily irritated
- “Foggy” thinking
- Nervousness or anxiety
- Feeling slowed down

*“TBI changed my life. I remembered what I used to be able to do and then, all of a sudden, I was not able to do them. The TBI Fund gave me the help I desperately needed to heal.”*

**- Renee Taylor, St. George, Utah**



**UTAH**  
TRAUMATIC BRAIN INJURY FUND



UTAH DEPARTMENT OF  
**HEALTH**  
Violence & Injury Prevention Program



# The next steps to recovery

## Understanding head injuries

*“Resource facilitation has made me realize I am not alone in the TBI world. Their educational services have helped me understand my challenges, grow through their mindfulness activities, and has allowed me to help other people along the way.”*

**- Joe Russo, Sandy, Utah**

A traumatic brain injury, or TBI, is caused by a jolt or bump to the head. Often they happen when someone falls and bumps their head, or gets into a car or bike crash. A TBI 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 they aren't serious. You can have symptoms of a TBI days, weeks, or even months after you hit your head.

### Symptoms of a TBI

#### Physical symptoms may include:

- Headache
- Blurry vision
- Dizziness
- Sensitivity to loud noises or bright lights
- Balance problems
- Feeling tired or having no energy

### What now?



It's not uncommon to experience changes to your mood and the way you act after a TBI. Many people have feelings of anger, frustration, and depression. This can be a stressful time, there will probably be lots of questions and you might not be sure

what to do next. Recovery can be a hard, long, and frustrating process. However, you are not alone, there is help.

### What is resource facilitation?

Resource facilitation is also called brain injury coaching. Simply put, a brain injury coach will work with you to help you figure out which resources you need and show you where to get that help to live your best life possible.

### Utah Traumatic Brain Injury Fund

The TBI Fund helps to link individuals throughout Utah with resources to meet their goals and assists with a successful return to work, school, or community. The TBI Fund offers free brain injury coaching, access to neuropsychological assessments, and community or family training. Our experienced brain injury coaches understand what you are going through and can get you connected to the resources you need to be successful.

Contact us today to be connected with a brain injury coach.

**Phone:** 1-888-222-2542

**Email:** [tbi@utah.gov](mailto:tbi@utah.gov)

**Website:** [health.utah.gov/tbi](http://health.utah.gov/tbi)