

# Signs & Symptoms of a TBI

## Some signs of a TBI may include:

- Headache or neck pain that won't go away
- Blurred vision
- Lack of energy/tired
- Ringing in the ears
- Trouble sleeping or sleeping too much
- Loss of balance
- "Hurt" by loud noises or bright lights

## Some changes in behavior from a TBI may include:

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

Traumatic brain injuries or TBIs can have a lot of signs and symptoms. TBIs can affect people differently and your signs or symptoms may be different than someone else who has had a TBI. A TBI is caused by a bump, blow, or jolt to the head. TBIs can be caused by a fall, car crash, or a sports or recreational activity. Even a concussion is a type of TBI. TBIs can impact your ability to work, as well as your memory, vision, sleep, mood, and movements. Some signs or symptoms may appear right after your injury while others can appear days, weeks, months, or even years later.

## Call 1-888-222-2542

to get connected with a brain injury coach.

