

# HAVE YOU TRIED EVERYTHING?

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And something  
still doesn't  
seem quite  
right?

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It could be a...

**Traumatic Brain Injury**

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If you feel like you're not yourself, like something isn't quite right, or if you've noticed that a loved one is struggling or acting differently, call

**The Health Resource Line**

**1-888-222-2542**

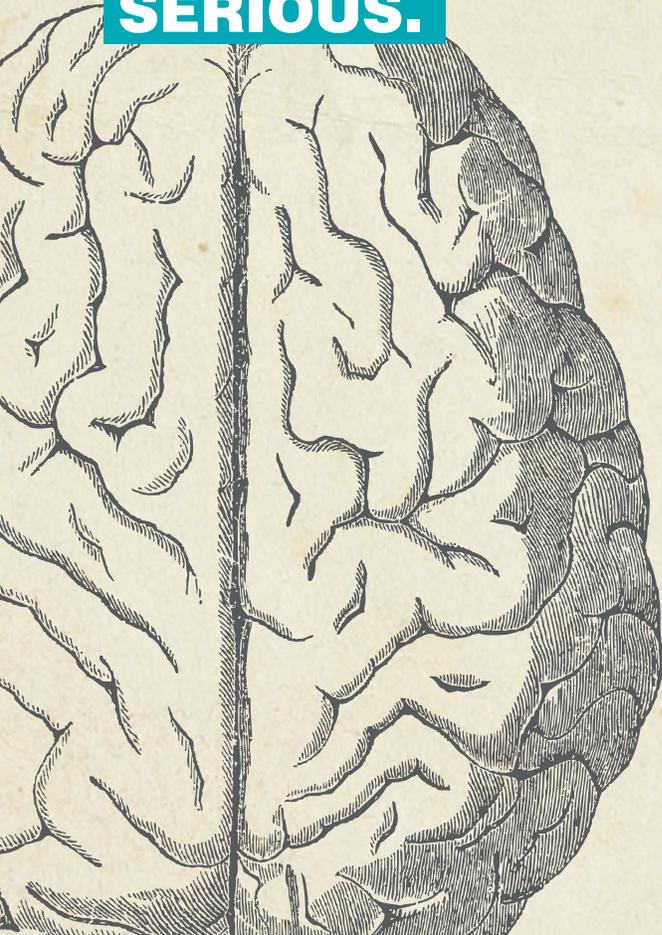
or visit

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

for a list of symptoms and to find out what help is out there.

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**TRAUMATIC  
BRAIN INJURY.  
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 IT ISN'T  
SERIOUS.**



You may have a Traumatic Brain Injury (TBI) if you have experienced any of the following:

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

Some changes in behavior from a TBI may include:

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