

The Utah Traumatic Brain Injury Fund

The TBI Fund helps to link individuals throughout Utah with resources to meet their goals. The fund also 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

Website: health.utah.gov/tbi



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

Contact us



1-888-222-2542



health.utah.gov/vipp/older-adults/tbi/



tbi@utah.gov



Past injuries can affect you today

Traumatic brain injuries, even from years ago, can affect the way you think, feel, and act.

Utah Traumatic Brain Injury Fund
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1-888-222-2542





Understanding head injuries

5 easy questions to ask yourself

Many head injuries are what doctors call a 'traumatic brain injury' or 'TBI'. Often, they happen when someone falls and bumps their head.

Symptoms of a TBI

Symptoms may appear days, or even months after an injury, and can be easy to dismiss as a normal part of aging, however, that's not always the case.

Symptoms of a brain injury include:

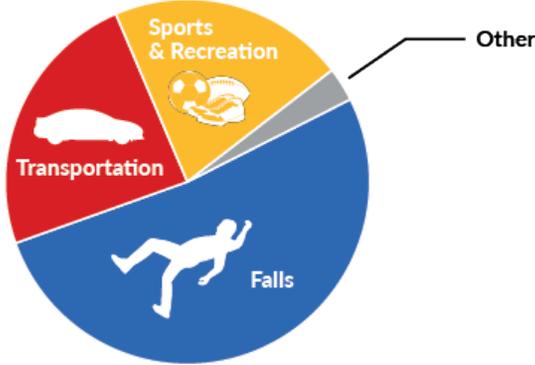
- Headaches
- Fatigue
- Vision problems (like blurred vision)
- Light/noise sensitivity
- Difficulty with balance/coordination
- Sleep problems
- Anxiety and/or Depression
- Impulsive behavior, aggression, or irritability

Additional symptoms

Symptoms include difficulty with:

- Concentration
- Slowed information processing
- Memory
- Organization
- Initiation and follow through
- Language comprehension

How do brain injuries happen?



TBIs have many causes, but more than half of them happen because of a fall.

In your lifetime, have you ever:

1. Been treated for a head or neck injury? **Yes/No**
2. Hurt your head or neck in a bike, car, or other accident? **Yes/No**
3. Injured your head or neck in a fight, or from being hit? **Yes/No**
4. Injured your head or neck in a fall, or while playing sports? **Yes/No**
5. Been near an explosion or blast (including in the military)? **Yes/No**

Did you answer **Yes** to any of these questions? If so, talk to your doctor or call [1-888-222-2542](tel:1-888-222-2542) to learn more about how to get connected to the resources you need to be successful in your recovery.