



# TRAUMATIC BRAIN INJURY KNOW THE SIGNS. TAKE ACTION.

## What is Traumatic Brain Injury (TBI)?

Traumatic brain injury (TBI) is a disruption in the normal function of the brain that can be caused by a bump, blow, or jolt to the head, or penetrating head injury.<sup>1</sup>

## TBI Signs & Symptoms



Trouble with memory and attention



Irritable, frustrated, angry



Fatigue



Sensitivity to light and sound



Feeling depressed



Vision and balance



Headaches, migraines



Trouble sleeping, insomnia



Poor self-care

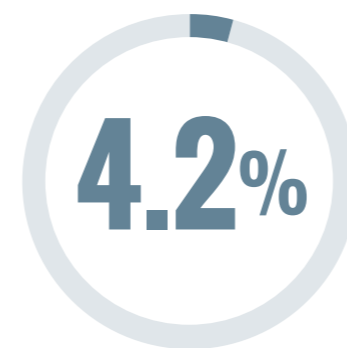


Chronic pain

## How Common is TBI?<sup>2</sup>

# 2.5 MILLION

People sustain a **TBI** in the **U.S.** every year



Service members are **living with a TBI**



# 430,720

total **military service members** diagnosed with a TBI from 2000-2021<sup>3</sup>

## Where To Get Help

A variety of resources are available to Airmen and their families. If you are experiencing a crisis, seek immediate help, contact the Military Crisis Line at 800-273-8255 then press 1, or dial 911.



### Trusted Advocates

Communicate with those you trust. Family members, fellow Wingmen, and your Command Leadership are there to support you through challenging times.



### Chaplains

On-base services for all Airmen, regardless of religious beliefs. Contact your unit chaplain or after duty hours, contact the Command Post and request the duty chaplain.



### Military Treatment Facility (MTF)

On-base facilities that offer short- and long-term medical treatment options. Contact your local MTF to schedule an appointment.



### Military OneSource

Provides health and wellness resources and 24/7 confidential help. 800-342-9647 | Chat live at [www.militaryonesource.mil](http://www.militaryonesource.mil)



### Military and Family Life Counseling (MFLC) Program

Located on-base at A&FRC and offers short-term counseling to Airmen and their families for various life skills. MFLC does not provide medical treatment. Contact your local A&FRC to use MFLC services.



### National Intrepid Center of Excellence (NICoE)

Research, diagnosis, and treatment facility at Walter Reed National Military Medical Center in Bethesda, MD utilizing collaborative short- and long-term treatment plans with a variety of providers.

301-319-3600 | [www.tricare.mil/mtf/WalterReed/Health-Services/M\\_S/NICoE](http://www.tricare.mil/mtf/WalterReed/Health-Services/M_S/NICoE)



### Vet Centers

Offer a wide range of social and psychological counseling services for eligible Airmen and their families.

877-927-8387 | [www.vetcenter.va.gov](http://www.vetcenter.va.gov)



[WWW.READYARMEN.COM](http://www.readyairmen.com)

Learn more about invisible wounds and resources at [www.ReadyAirmen.com](http://www.ReadyAirmen.com)

1- Center for Disease Control and Prevention. Traumatic Brain Injury & Concussion. 2019. <https://www.cdc.gov/traumaticbraininjury/index.html>

2- Brain Trauma Foundation. It Can Happen Anywhere, Anytime, to Anyone Brochure. [https://www.braintrauma.org/uploads/05/02/Brain\\_Trauma\\_Foundation.pdf](https://www.braintrauma.org/uploads/05/02/Brain_Trauma_Foundation.pdf)

3- MHS Monthly Communications Toolkit. 2021.