



MENTAL HEALTH & TRAUMATIC BRAIN INJURY

TRAUMATIC BRAIN INJURY STRATEGIC PARTNERSHIP ADVISORY COUNCIL OF WASHINGTON STATE

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A **Traumatic Brain Injury (TBI)** often increases the risk and complexity of **behavioral/mental health conditions** such as:

- Post-traumatic stress disorder
- Depression
- Anxiety
- Anger/aggression
- Substance misuse
- Mood swings and more



MENTAL HEALTH AFTER A TBI

Managing mental health after a TBI is part of the recovery process

After a TBI you may find:

- Existing mental health conditions worsen
- New symptoms such as anxiety, depression and mood swings
- Mental health impacts relationships, work or school performance, and overall quality of life
- You feel alone as you face new post-injury challenges

If you or someone you know is struggling, you are not alone.

- Seek professional help and support
- Practice self-care and manage stress levels
- Build a support network of friends, family and support groups
- Take it one step at a time. Recovery from TBI takes time and patience

Mental health is a state of wellbeing in which a person can make the most of their potential and cope with the stresses of life.

TBI occurs when there is a sudden blow or jolt to the head.

TBI SUPPORT & RESOURCES

Call 2-1-1 if you have experienced a traumatic brain injury and are looking for mental health resources. [Video - WA 211 Information and Referral - Help is just a contact away](#)

Call 9-8-8 for the Suicide and Crisis Lifeline for help during a crisis, emotional support, referrals, and resources. [Video - Three Ways to Connect - Assistance When You Need it](#)

TBI Support Groups

Available statewide via a virtual network, TBI Support Groups emphasize connection, education, and engagement in life after a TBI.

Recovery often depends on access to mental health support, visit [DSHS TBI website](#)

Not all individuals who experience a TBI will develop mental health conditions, and not all individuals with mental health conditions have experienced a TBI.



Learn more at
[Traumatic Brain Injury](#)



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