



Traumatic Brain Injury



Washington State Resources

A Traumatic Brain Injury (TBI) is an injury to the brain caused by physical trauma resulting from, but not limited to, incidents involving motor vehicles, sporting events, falls, and physical assaults. Every TBI is different, and every brain injury should be taken seriously.

If you or someone you know has experienced a traumatic brain injury, Washington state has a variety of resources to help.

Resources

TBI Resources and Workbook

[Comprehensive TBI workbook](#) filled with information, resources, journal prompts and more. Free download available for personal or client use.

SafeKids Washington

[SafeKids](#) is a series of training modules and learning resources for parents, caregivers and youth. Connect with local coalitions for safety and prevention awareness efforts, such as helmet and life jacket distribution, traffic and pedestrian safety, and more.

Return to School

[Return to School](#) is designed to support parents, caregivers, school faculty, administrators, sports coaches and athletics staff with awareness and tools to prevent injury, identify TBI, access resources, and provide support around TBI at school and during school activities.



Additional Information

Scan this code for more information about traumatic brain injury in Washington state.

[DSHS TBI Website](#)

A traumatic brain injury can happen to anyone, anywhere, anytime.

Support & Events

Support Groups

Washington has a variety of [TBI virtual support groups](#) for caregivers, veterans, youth, and families.

Capable Caregiver Manual

[Caregiver manual](#) covering TBI brain function and injury basics, trauma-informed and person-centered tools, supportive communication, and more. Includes resources for caregiver self-care. *Available in 13 languages online, other languages available upon request.*

Events

Whether it's education or events, find upcoming opportunities via the DSHS [TBI Events Portal](#).

WA211 Resources

Call **2-1-1**, or text **211WAOD to 898211** to get connected to a Community Resource Specialist trained in TBI. With a database of 30,000+ local and statewide resources, [WA211](#) will identify local and community resources available to people, providers, and caregivers.

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