

Mental Health Changes with Traumatic Brain Injuries



Overview

Traumatic brain injuries (TBIs) can affect how you think, feel, and behave. While most people know about headaches and dizziness, TBIs can also cause emotional and mental changes that can be just as challenging.

Common Emotional and Mental Effects

Mood Swings & Irritability

- Feeling more emotional than usual
- Getting frustrated or upset easily

Feeling Down or Anxious

- Sadness or hopelessness
- Worrying a lot or feeling on edge
- Sometimes even panic attacks

Thinking & Memory Problems

- Trouble focusing or remembering things
- Feeling like your brain is working slower than usual

Sleep Issues

- Trouble falling or staying asleep
- Feeling tired during the day

Feeling Overwhelmed

- Difficulty handling stress
- Feeling drained in loud or busy places

How This Affects Daily Life

- Trouble at work, school, or in conversations
- Arguments or tension with friends and family
- Losing interest in things you used to enjoy

Ways to Feel Better

Relaxation Techniques:

Try deep breathing, meditation, or light exercise. *Apps:* Headspace, Calm, Insight Timer

Stay Organized:

Use notes, reminders, and routines to help with memory.

Apps: Google Keep, Todoist

Talk to Someone:

A doctor, therapist, family, or friend

Websites to find providers:

PsychologyToday.com,

ZocDoc.com

New York Mental Health & Suicide Prevention Resources

National Suicide Prevention Lifeline

Call or text 988 for 24/7 confidential help

New York Crisis Line

Simply text GOT5 to 741-741 to be connected to a counselor who can provide crisis support.

You can also call 1-800-273-8255.

If you or someone you know is struggling after a TBI, talk to a doctor or mental health professional.