



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.¹

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

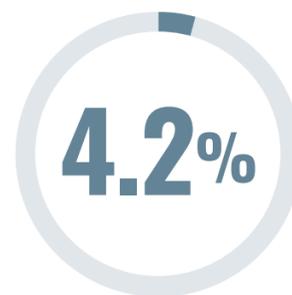


Chronic pain

How Common is TBI?²

2.5 MILLION

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



Service members are **living with a TBI**



413,858

total **military service members** diagnosed with a TBI from 2000-2019

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



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



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



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

Learn more about invisible wounds and resources at
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