Headway
the brain injury association

Relationships

after brain injury

This publication has been written to offer information and advice on relationships after brain injury. It offers guidance on how relationships can be affected by brain injury, the impact this can have, tips for managing relationships after brain injury and sources of professional support.

This publication is also available as a printed booklet, which can be purchased from our online shop.

www.headway.org.uk
0808 800 2244

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Introduction

Relationships are a very important part of life. They give us a feeling of comfort, support and security, and can contribute towards our sense of self-identity. It is often our closest relationships that provide the emotional and practical support needed when hardships are faced, such as when a brain injury occurs.

For many people, experiencing a brain injury can affect relationships. There are a number of ways in which this can happen and a number of different outcomes. Some relationships may strengthen, whereas others may become strained over time or even completely break down.

This publication has been written to offer information and advice on this complicated and sensitive topic. It offers guidance on how relationships can be affected by brain injury, the impact this can have, tips for managing relationships after brain injury and sources of professional support.

The information in this publication does not replace clinical guidance from medical professionals. You should always get advice from your GP or other suitably qualified professional for help with managing the effects of brain injury.

What are relationships?

A relationship is a connection that people share with one another.

When we think about the relationships we have, we often consider our immediate and personal relationships, such as those we have with our family, partners and friends. However, a relationship is a connection that we have with anyone who is significant in our lives or who we see on a regular enough basis. We can therefore also have relationships with friends, work colleagues, neighbours or healthcare professionals (among others!)

How can brain injury affect relationships?

Our brains are specialised in connecting with others through social relationships. There are a number of specific brain structures that are responsible for processing the emotional and social skills that form the basis of all relationships.

- **The limbic system, insula and cingulate** - this is a group of brain structures that are collectively responsible for

generating and processing emotions of self and others.

- **The frontal lobes** - this part of the brain is responsible for managing emotions and behaviour through a number of cognitive skills such as motivation, planning, making decisions and inhibiting behaviour, collectively known as the executive function. Parts of the frontal lobe are also involved in anticipating other people's emotions and monitoring one's own behaviour accordingly.

- **The temporal lobes** - parts of the temporal lobes are involved in thinking about things from another perspective, focusing on the same thing as others in a group situation, and keeping social rules and conventions in mind.

- **The brainstem** - this part of the brain is responsible for reflex emotions, including social reflexes such as smiling, as well as basic functions such as breathing and sleep/ wake cycles.

When the parts of the brain that are responsible for processing emotions and behaviour are injured, the brain injury survivor may struggle with, or no longer have the skills that are needed to make relationships work successfully.

Emotional, behavioural, physical and cognitive effects can all have an impact on relationships. The following section describes in more detail how common effects of brain injury can have an impact on relationships.

Emotional and behavioural effects

Common emotional and behavioural effects of brain injury that can have an impact on relationships include depression, mood swings, inappropriate emotions, problems with managing anger and issues with empathy.

Depression

A brain injury survivor experiencing depression might find it more difficult to socialise. They might stop socialising altogether and become withdrawn, spending less time with people they have existing relationships with and minimising opportunities to meet new people. Depression can also cause tiredness and lethargy which might affect a survivor's interest or ability to partake in social activities, especially if fatigue is already a problem.

Relatives, partners and friends might try to offer support or encouragement, but this may be resisted, causing relationships to become strained.

Sexual relationships can also be affected, as depression might cause the survivor to lose interest in sex.

More information on this topic and guidance for coping with this issue is available in our publication *Depression after brain injury*.

Mood swings

It might become difficult for people to maintain positive relationships with a brain injury survivor who experiences mood swings. Unpredictable outbursts of anger or other emotions can cause embarrassment or upset to people the survivor is socialising with, and may cause them to socialise with the survivor less. The brain injury survivor themselves may find it frustrating when others are unable to understand how they are feeling, and this may cause further problems in relationships.

Inappropriate emotions

Emotions that are inappropriate to the setting might be displayed by some brain injury survivors, for example laughing

if they have been told bad news. This can cause embarrassment in social situations and people may stop socialising with the survivor in order to avoid such situations.

Partners and relatives may particularly struggle if the survivor's display of inappropriate emotions occurs regularly or appears insensitive.

Anger

Brain injury survivors might experience more frustration or anger, or struggle with controlling their anger. Anger is often directed to those nearest to them, such as relatives and partners. This can have a serious impact on relationships, especially if the anger leads to recurring arguments.

Relatives, partners, friends, colleagues and others who the survivor has a relationship with might become anxious about triggering the anger, and the survivor in turn may feel negatively towards their loved ones during periods of anger outbursts.

Children may become especially fearful of a parent who frequently becomes angry, especially if the parent did not have an angry temperament before the injury.

More information on this topic and guidance for coping with this issue is available in our publication *Anger after brain injury*.

Issues with empathy

A brain injury survivor may no longer be able to understand and appropriately respond to how others are feeling, and their behaviour may seem distant. For example, the survivor may fail to recognise when a partner is upset and therefore not understand that they are expected to provide comfort and support. Or they may not realise that if they have upset a friend, the appropriate response would be to apologise. The survivor

themselves may feel quite confused about what to do in these instances but choose to keep this confusion to themselves.

Physical effects

Common physical effects of brain injury that can affect relationships include mobility problems, communication problems, sexual dysfunction, hormonal problems, pain and fatigue.

Mobility problems

Mobility problems can make it difficult for people to easily and comfortably socialise. They may be unable to attend social gatherings in places that are not accessible, or join in with activities such as sports that they previously did with friends. These sorts of situations may cause the survivor to spend less time with others.

A child's relationship with their parent might be affected if the parent is no longer able to play with them in the same way as before their injury.

Mobility problems might make it more difficult for the brain injury survivor to engage in sexual activity with their partner or spouse; regular intimacy may be lost between the couple, which might affect their relationship.

Communication problems

We use communication to express how we are feeling about things, find out how others are feeling and discuss day-to-day things that we think are important.

Communication is a very important part of relationships as it allows us to connect with others and express ourselves.

Some people develop problems with their communication skills after brain injury.

Speech may become slurred or slow - this is known as dysarthria. Others in the survivor's life may struggle to understand what they are saying, which can cause upset and frustration to both the survivor and others. The survivor may speak less as it requires effort to make themselves understood, which can affect the closeness of their relationships. Some people do, however, learn to 'tune in' to the survivor's speech and communication can be improved over time, which in turn may improve the relationship.

There are a range of other communication problems that can develop after brain injury. For more information and guidance on this topic, see our publication *Communication problems after brain injury*.

Sexual dysfunction

A brain injury may affect a survivor's ability to engage in sex. Sex might become uncomfortable or difficult to initiate. Some survivors or their sexual partners may lose interest in sex, either as a direct consequence of the brain injury or because they are more focused on the many changes that life with brain injury can bring. Depression after brain injury can also affect a survivor's interest in sex. Such changes can cause the survivor to become less intimate with their partner, which in turn might impact on their relationship and closeness.

For more information and guidance on this topic, see our publication *Sex and sexuality after brain injury*.

Hormonal problems

Injury to parts of the brain called the hypothalamus and the pituitary gland can cause hormonal problems. This can lead to a range of issues such as depression, sexual difficulties, muscle weakness, reduced body hair, increased sensitivity to cold, mood swings, low blood pressure/ dizziness (among many others).

Opportunities for socialising and nurturing relationships might be impacted by such effects.

For more information and guidance on this topic, see our publication *Hormonal imbalances after brain injury*.

Pain

Pain can be experienced anywhere in the body following brain injury, with headaches being the most commonly reported pain problem. Pain might be experienced occasionally, regularly or most of the time. Pain can be very distracting and impact on the survivor's enjoyment of activities or socialising.

Experiencing regular pain can make people feel depressed or irritable, both of which can also affect relationships.

For more information on this issue, see our publication *Headaches after brain injury.*

Fatigue

Brain injury survivors experiencing fatigue may struggle with committing to and attending social events, as these might make them feel fatigued for hours or days afterwards; they may therefore see less of friends and family.

People in the survivor's life who do not understand the nature of fatigue might take the survivor's reluctance to commit to plans or cancellations personally, which may cause fall-outs.

Survivors with young children may find it harder to spend time with their children due to the high energy they often demand.

For more information and guidance on this topic, see our publication *Fatigue after brain injury.*

Cognitive effects

Common cognitive effects of brain injury that can affect relationships are memory problems, problems with attention and concentration, executive dysfunction and issues with insight and awareness.

Memory problems

Memory problems after brain injury may cause someone to forget key dates such as birthdays or social commitments such as meeting a friend for lunch. People in the survivor's life who do not understand the nature of memory problems might take these issues personally and think the survivor is being neglectful, which can impact on the relationship.

Being unable to remember significant events such as a wedding day or the birth of a child can make the survivor feel less attached to some people in their life,

although it is of course possible to rebuild connections by forming new memories together and introducing memory aids and systems to help.

For more information on this subject and guidance, see our publication *Memory problems after brain injury*.

Problems with attention and concentration

It might be difficult for the brain injury survivor to attend to or concentrate on things for sustained periods of time, for example, following a conversation or watching a TV programme. They may appear to 'tune out', even when people are talking to them.

Being able to attend to something is linked with our ability to remember it. If the brain injury survivor is unable to attend to information, they will probably be unable to remember it afterwards.

People in the survivor's life who do not understand the nature of attention and concentration problems might take these issues personally and think the survivor is being disinterested, which can affect the relationship.

Executive dysfunction

Executive dysfunction is the name for a collection of thinking skills that can be affected after brain injury, that impair the survivor's ability to make decisions, plan, organise themselves, motivate themselves, multitask, prioritise, complete tasks and reflect on their activity.

These difficulties can make a brain injury survivor impulsive, unpredictable or unable to make appropriate decisions. This may affect their ability to socialise, as decisions about social behaviour are often complex, and many people rely on 'gut-feeling' and intuition to assess whether a behaviour is appropriate or inappropriate in a certain social situation. Without these skills, a brain injury survivor may struggle with social problem-solving.

These issues are also likely to alter a person's personality and this may have an impact on existing or future relationships.

Families, partners and friends may feel like the person is no longer who they once were and question whether they will ever be the same again.

Executive dysfunction may be particularly problematic at work. Relationships with colleagues or one's employer might therefore become strained if, for instance, the survivor is falling behind with their workload because they are struggling to multi-task or prioritise.

For more information and guidance on this topic, see our publication *Executive dysfunction after brain injury*.

Insight and awareness issues

A brain injury survivor may no longer be able to observe and reflect on their own thoughts and actions, being unaware of the impact of their injury or seemingly denying issues when others point them out. This can cause frustration and distress in the survivor, as they may struggle to understand why people are restricting them from doing certain things, which can impact on their relationships.

More information and guidance on this topic is available in our publication *Insight impairment after brain injury*.

Types of relationships and how they are affected after brain injury

This section describes how brain injury can often affect the different types of relationships that people have in their day-to-day lives. The below information describes experiences commonly reported by brain injury survivors and their loved ones. However, relationships are very personal and variable,

and your experiences may not be the same as those given below.

Couples/partners

Partners of brain injury survivors often become the main source of support when a brain injury occurs, typically taking on some form of a caring role. This can lead to the boundaries between the roles of 'carer' and 'partner' becoming blurred and difficult to adjust to.

Sexual partners may feel especially affected by taking on caring roles if they are responsible for personal care. Brain injury survivors may themselves struggle with feeling like a sexual partner if they are relying on their partner to wash, dress or feed them. Intimacy might be affected, causing a change in their relationship.

Partners of brain injury survivors may also be required to take on additional new roles, such as becoming the main 'breadwinner' if the survivor is no longer able to work, or taking responsibility for driving when previously they would take turns to drive. Such changes can be tiring for partners and may cause feelings of sadness, longing for the past and frustration. Brain injury survivors might also have these feelings, and in addition might feel guilt over no longer being able to contribute to these tasks. Such feelings might strain the relationship.

Couples also often spend a significant amount of time together, and so are more likely to notice and be impacted by a change in one other's behaviour, emotions, routine or abilities following a brain injury.

Couples often have shared aspirations and goals of what they want to achieve in life together. A brain injury might cause them to question whether they are still able to achieve these dreams,

and this might be quite upsetting for them, possibly impacting on their relationship and visions of their shared future.

If the survivor's personality has changed, the partner may feel that they are no longer with the person they originally chose to be in a relationship with, causing feelings of confusion, longing, sadness and loss. The survivor themselves may no longer feel the same way about the relationship as they did before the injury, especially if they no longer enjoy the same activities with their partner as they did before the injury, or cannot remember significant memories they shared together.

These can be difficult experiences to cope with, but it is important to remember that things can and do improve for many people after brain injury. Fears for the future are normal in the early days of injury, and it is quite common for couples to feel unsure about how things might be. Over time, anxieties about life with brain injury can improve as the survivor and their partner settle into a new routine and learn to adjust.

Support and help is available along the way for both brain injury survivors and their partners, and more information on this is available in the section *Getting support.*

Going through challenging life experiences can also bring some couples closer together and give a stronger sense of appreciation for one another. Some couples therefore grow stronger after brain injury, and feel a sense of gratitude that their loved one has survived an injury or illness. They may be willing to work towards forming new goals and aspirations for the future that accommodate for the survivor's brain injury.

More information and guidance on this issue is available in our publication *Partners' guide to brain injury*.

Children

The reaction that a child will have to their parent sustaining a brain injury will depend on a number of things such as the child's age, their ability to understand the consequences of their parent's injury, their temperament, the type of relationship that they had with the parent before the injury, and the way in which the injury has affected the parent.

Relationships with children might only change if the injury has directly affected the survivor's interaction with the child, for example if they are spending less time with their child due to fatigue or headaches, or are unable to help them with their homework or take them to a sports game due to executive dysfunction.

Changes in personality or getting angry more often after brain injury might be especially difficult for children to understand and they may become anxious about spending time with the injured parent.

Brain injury survivors themselves may feel guilt over being unable to do things with their children like they did before the injury, and feel that they have 'failed' in their role as a parent. On the other hand, some parents with brain injury might find new ways to do things with their child and their relationship might strengthen over time.

Children should be spoken to in an age-appropriate way about the brain injury and how it has impacted their parent. This will help them to understand any changes the injured parent might display, and minimise disturbance to their relationship. For more information and guidance on this topic, see our publication *Supporting children when a parent has had a brain injury*.

Other relatives

Relatives that do not spend as much time with the survivor as their immediate family may be less understanding of the impact of brain injury and therefore less forgiving of changes in behaviour. This will vary from one family to another, but typically people do not see relatives such as their aunts and uncles, cousins, siblings or grandparents every day as adults. They may only occasionally see the brain injury survivor and therefore be less understanding of how the injury has impacted them. Relationships may therefore become strained if, for example, the survivor forgets to message them on their birthdays due to memory problems or does not want to attend family get-togethers due to feeling overstimulated.

On the other hand, going through challenging life experiences can also bring some families closer together and give a stronger sense of appreciation for one another. Some families therefore grow stronger after brain injury, and feel a sense of gratitude that their loved one has survived an injury or illness.

Friends

The relationship that brain injury survivors have with their friends after injury will depend on the closeness of their friendships. Very close friends may visit the survivor in hospital or offer support in the early days of injury. They may be more willing to learn about brain injury and make accommodations, such as changing social plans so that they are more comfortable for the survivor, for example meeting them in their home for a coffee and chat rather than going to a noisy, busy café.

Unfortunately, it is very common for brain injury survivors to feel as though friends drift away after injury. Many people do not have a good understanding about brain injury and friends may

be less forgiving for changes in behaviours, emotions and routines. Friends may feel embarrassed about behaviours that the survivor displays in public for example if they are disinhibited, and be less willing to spend time with them.

It may be that brain injury survivors themselves choose to spend less time with their friends after injury due to issues such as depression, anxiety, fatigue or problems with processing information. Friends may attempt to reach out to them, but be unsuccessful, which may eventually cause the friendship to fade away.

On the other hand, going through challenging life experiences can also bring some friends closer together and give a stronger sense of appreciation for one another. Some friendships therefore grow stronger after brain injury, and friends may feel a deep sense of gratitude that their friend has survived an injury or illness.

It is also possible for brain injury survivors to form new friendships after brain injury. Attending services such as brain injury support groups or undertaking new activities and opportunities such as volunteering can help to meet new people with shared experiences, interests and values. These can form the basis of strong friendships moving forwards.

For more information and guidance on this topic, see our publication *Friends' guide to brain injury*.

Colleagues

The people with whom we work often form an important social network in our lives. Some working relationships with colleagues may even develop into friendships, whereas others may remain professional.

Colleagues directly involved with the survivor, such as managers, may well know about the survivor's injury, as it is likely that they will have been kept informed while the survivor was in hospital. However, it is unlikely that other colleagues will know as much detail unless the survivor had requested this information be passed on.

For brain injury survivors who find they cannot return to work after their injury, relationships with former colleagues may change. It may be that colleagues who are also friends continue to meet with the survivor, but this might taper off over time. The changed circumstance of not seeing work colleagues on a regular basis can lead to feelings of social isolation and a loss of a familiar social network.

Survivors who are able to return to work may have difficulties with maintaining appropriate social contact with colleagues. Colleagues may also struggle to understand and adapt to the survivor's new needs or pace of work, which may interfere with their working relationship.

Impact of changed relationships

The relationships described in the previous section are affected by brain injury in different ways. However, when any type of relationship is negatively impacted, this can commonly cause feelings of sadness, confusion, hurt and loneliness among everyone involved.

Brain injury survivors may feel a sense of loss of their social network, causing them to be at risk of becoming further withdrawn and socially isolated. It might become more difficult for them to seek support.

There might be a greater impact of losing some types of relationship than others; for many, drifting away from a partner

can be more upsetting than drifting away from work colleagues. However, this will, of course, depend on the individual and their own relationships.

Some brain injury survivors may feel that their loved ones do not understand how they are feeling, which can cause them to become frustrated and distant. Conversely, families and friends of a brain injury survivor may also feel frustrated and helpless if they are unable to understand how the survivor is feeling and how they can help.

Such experiences can commonly cause feelings of loneliness due to the reduced socialising opportunities they cause. However, sometimes loneliness can be experienced even when surrounded by others. Brain injury survivors who have maintained relationships with friends, partners and other relatives, may still be at risk of experiencing loneliness if they feel that others in their life do not understand their brain injury and or if they are unable to effectively communicate their needs.

Both brain injury survivors and their partners, relatives and friends can be affected by a change in the relationship, and it's important that both feel able to access support accordingly. More information on this is available in the section *Getting support.*

New relationships

People continue to develop new relationships across their lifetime. Brain injury survivors may feel that they have fewer opportunities of forming new relationships with people, especially in regards to finding romantic partners.

They might also question whether or not they should tell new people in their life about their injury.

Many people do go onto forming new, strong relationships after brain injury. New people in the brain injury survivor's life will not know what they were like before their injury and will therefore not compare them to their 'old self', which can be helpful.

Experiencing a brain injury can make many people re-evaluate what is most important to them in life and they may seek new opportunities based on things that matter most to them, such as volunteering or fundraising for a cause they are passionate about, or learning a new skill that they have always wanted to try but never had a chance to do. This might offer the survivor opportunities to socialise with people who share their interests and values, which is a good starting point for relationships to develop.

Some tips for forming new relationships are offered below…

- Consider attending your local Headway group or branch to meet others affected by, and therefore understanding of brain injury, or consider getting support through our online communities.

- Join local groups with activities of your interests or hobbies. Look online or check through local newsletters or magazines.

- It is up to you how much you choose to tell someone new about your brain injury, but you should always be careful about telling new people personal information about yourself. Never reveal personal details about yourself to strangers online.

- Take time with getting to know people and allow relationships to develop naturally.

New relationships and risks

While many new relationships that develop after brain injury are positive experiences, there are unfortunately some instances when a new relationship puts a brain injury survivor at risk of harm or abuse.

Cognitive effects of brain injury such as problems with memory, decision making or insight can unfortunately make a brain injury survivor vulnerable to being exploited or mistreated by others, and may even impair the survivor's ability to recognise when they are in danger. In some cases it may be family and friends that suspect that something is wrong.

On the other hand, a brain injury survivor might recognise themselves that they are in a bad situation but struggle to know how to get support.

Our information on safeguarding after brain injury discusses some of the ways in which brain injury survivors can be at risk in new relationships.

Tips for managing relationships

This section offers tips for managing relationships after brain injury. These tips are general suggestions for maintaining healthy relationships, so remember that different things will work for different people and different situations.

Learn about brain injury

Whether you are a brain injury survivor yourself or someone related to a brain injury survivor, it is important to learn something about the nature of brain injury to better understand what your/ the survivor's experience is. Read about the common effects of brain injury (for instance from our website at www.headway.org.uk) and learn about ways to cope with the

effects most relevant to you/ your loved one. For example, if you struggle with fatigue after brain injury, read our publication Fatigue after brain injury and share your chosen coping strategies with your loved ones so that they are aware of how you intend to manage this issue.

Try to keep communication open and honest

Being able to effectively communicate with one another is an important part of relationships. Share your feelings with one another, if it is comfortable, safe and appropriate for you to do this. Avoid bringing up serious conversations if the other person is already feeling stressed or distracted. Be honest about your feelings, and encourage them to share theirs with you too. This can be especially helpful with clearing up any misunderstandings.

Show the person that you care for them

It can sometimes be easy to forget to tell or show someone that you care for them, especially when life gets busy. Try to take time out to tell special people in your life that you appreciate them, for example texting a friend that you are thinking of them and are grateful for their friendship, or telling a colleague how helpful they were when they supported you with a work project. Small gestures can make a big difference!

Keep things in perspective

Remember that all relationships go through ups and downs, and while there is no doubt that brain injury can be a very difficult experience for anyone to go through, remember that it is normal to have moments of difficulties in any relationship. If

things are particularly or consistently problematic, take time away from one another if helpful and possible, and consider getting professional support if needed.

Have regular ‘date nights’

‘Date nights’ allow you to set time aside to spend quality time with someone you care about - remember that anyone can have date nights, not just couples! Consider activities or settings most suitable for the brain injury survivor that are still enjoyable. For example, if the survivor struggles in noisy environments, consider having a take-out at home rather than going out for a meal. These sorts of activities can form special memories that can help with strengthening relationships.

Respect one another’s right to privacy

Brain injury survivors may find themselves surrounded by lots of people, especially in the early days of injury when they are being treated in hospital or undergoing rehabilitation. There may be many therapists, carers and

visitors coming and going, which may feel overwhelming for some, and they might simply need some quiet time to themselves. Therefore try not to take it personally if a survivor asks for some privacy or time for themselves.

If you are a carer, relative or partner of a brain injury survivor, do not feel like you have to be with them all of the time to ‘keep an eye on them’. You may naturally be concerned for their safety, but do respect their right to privacy as well.

Spend time together

Relationships can grow stronger if you spend quality time with one another doing activities that you enjoy. These could be

simple things like taking a walk in the park together or going for a coffee date, or more involved activities such as going on holiday together. Find adapted ways of doing things, so that you are completing activities safely.

Getting support

In some cases, it might be helpful or necessary to get support for relationship difficulties. Support can come in different forms, depending on the level of input required.

Having mutual friends or other relatives involved in discussions can sometimes help to address issues, as it can sometimes be helpful to hear things from another perspective.

Headway's helpline, online communities and network of groups and branches are also available to offer support for various issues related to life after brain injury.

Some people may seek support from services such as relationship counselling or family therapy. Before arranging for such support, it can be helpful to find out how much experience the therapist has in supporting clients with brain injury.

Professionals called clinical neuropsychologists specialise in the emotional, behavioural and cognitive effects of brain injury, and may therefore be able to support brain injury survivors with relationship issues related to these problems.

Some clinical neuropsychologists specialise in relationships, and may welcome both the brain injury survivor and the person (or people) with whom they are having relationship issues with. Speak to your GP in the first instance about getting a referral to a clinical neuropsychologist, or alternatively look for private clinical neuropsychologists in your area.

Conclusion

Relationships are a very personal but important part of our lives and can commonly be affected by brain injury. The effects of brain injury can cause relationships to become strained in a number of ways, which can be upsetting to all parties involved. However, effective communication and other tips suggested earlier on in this publication can help, and relationships can strengthen over time. Different strategies will work for different people and relationships, and professional support is available where this is needed.

We hope that the information in this publication has helped you to understand how relationships can be affected by brain injury and what can be done to help. To discuss any of the topics in this publication, or to get further information, advice or emotional support, contact our nurse-led helpline on 0808 800 2244 (Monday - Friday, 9am-5pm) or helpline@headway.org.uk.

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We hope that this has been a helpful resource. Please consider sharing your feedback with us by scanning the QR code or by visiting our publication feedback survey https://uk.surveymonkey.com/r/hwpublications.

Learn more and support our work at www.headway.org.uk/get-involved.

This information was last reviewed in 2023.

We're here to listen.

If you need support, or have a question about brain injury, contact our free nurse-led helpline:

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