

Brain Injury & Recovery Program

TBI/ABI

COMMON mild TBI SIGNS & SYMPTOMS

Physical

Headaches, visual problems, feeling dizzy, loss of balance, hearing difficulty, ringing in ears, sensitivity to light and/or noise, nausea and/or vomiting

Cognitive

Attention, memory problems, poor concentration, delayed processing speed, difficulty finding words, impaired judgment

Behavioral/Emotional

Anxiety, depression, agitation, irritability, impulsivity, aggression

Sleep Issues

Difficulty falling or staying asleep, fatigue, loss of energy, getting tired easily

Contact us!

BrainInjuryRecovery@dva.wa.gov
1-800-562-2308, Option 3

Federal VA Medical Centers

1-800-329-8387

Scan this QR code with your phone's camera to link directly to our website for more information!



"Serving Those Who Served"

800-562-2308, option 3
www.dva.wa.gov/TBI

VETERANS CRISIS LINE:
DIAL 988 (THEN PRESS 1)

WA. STATE BRAIN INJURY & RECOVERY PROGRAM

Our service members experience brain injuries at a much higher rate than their civilian counterparts. Many of these injuries go unnoticed or are underreported. A brain injury can increase the risk of the loss of a job, substance use, homelessness, mental health conditions, and suicide.

The symptoms caused by even a mild injury can significantly interfere with a Veteran's ability to work, attend school, focus on tasks, and more.

We offer support, training, case referral, and more, all free of charge.



Whom do we serve?

- All Veterans, regardless of period of service
- Service members, including National Guard and Reservists
- Family members of Veterans with TBI/ABI
- Mental health or medical providers caring for Veterans with TBI/ABI
- Institutions of higher learning
- Employers of Veterans with TBI/ABI
- Anyone who wants to learn more about how to help a Veteran with TBI/ABI
- Veterans who are homeless
- Veterans and service members involved in the justice system, mental health system, tribal system, and social services

What do we provide?

- One-to-one assistance and advocacy to Veterans with TBI/ABI
- Support and education to service members and family members
- Screening tools and training in TBI/ABI/PTSD detection
- Employer support services
- Education and awareness training services mental/behavioral health and medical providers
- Treatment program evaluations and consultations
- Staff training
- Support group presentations
- Resource tables at conferences and summits
- Case referral

Leading Causes of Brain Injury

1. Falls
2. Stroke
3. Motor vehicle accidents
4. Physical assaults
5. Sports-related injuries

What is a Brain Injury?

A brain injury can happen to anyone, anywhere, at any time. Brain injury is a result of damage to the brain, which can be caused by traumatic or non-traumatic events.

TBI = traumatic brain injury; caused by falls, strikes, assaults, etc.

ABI = acquired brain injury; caused as secondary effects from events like seizures, disease, trauma, surgery, alcohol or toxins, among others.

The injury from a blast is the “signature injury” of Operation Enduring Freedom and Operation Iraqi Freedom. Exposure to a blast can cause damage without any visible wounds or signs.

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DVA.WA.GOV