

Feeling different after a concussion, brain injury, or stroke?



Brain injuries can happen as a result of any number of factors such as anoxia (lack of oxygen to the brain), aneurysms, infections of the brain, stroke, and external traumas like a bump or blow to the head.

For milder injuries, many recover within a few days or weeks. But for some people, symptoms can continue for months... Or even years.

Don't go it alone. Get support from the Brain Injury Alliance of Nebraska:

- ☒ Learn what to expect after experiencing a brain injury
- ☒ Get assistance with locating professionals who can help
- ☒ Receive referrals to available resources in your area
- ☒ Navigate local, state, and federal service systems
- ☒ Connect with support groups and individuals with shared experiences

Call 402-423-2463 or email info@biane.org to learn how we can help!

Brain Injury Symptoms Checklist

Experiencing or feeling any of the following symptoms? Use this list to start a conversation with your doctor about the possibility of a brain injury.

- ☐ Loss of consciousness (fainting)
- ☐ Nausea or forceful vomiting
- ☐ Tremors and/or seizures
- ☐ New or worsening headaches
- ☐ Problems when walking or balancing
- ☐ Blurred vision or vision changes
- ☐ Any change in sleeping patterns
- ☐ Sensitivity (severe or otherwise) to noise, light, or motion
- ☐ Difficulty retaining information or remembering new information
- ☐ Forgetfulness - Problems with memory or remembering events
- ☐ Difficulty concentrating
- ☐ Irritability and/or agitation
- ☐ Moodiness, tearful or crying for no obvious reason
- ☐ Nervousness, anxiety, feeling fearful



**Brain Injury
Alliance**

N E B R A S K A

Visit BIANE.org
Call Toll-free:
844-423-2463