

## **[Intro]**

We are really glad you came to see us.

We made this video just for you to remind you of some important things that you need to know.

This video is about head injury, also known as concussion, and the things to watch for in the upcoming days. You might have been given a lot of information already. We know it can be hard to keep it all straight so we hope you find this video helpful.

We want you to know that you are not alone. You have already made a big and brave step in visiting us. We have a team of people ready to support you.

## **[Trigger Warning]**

Before we begin, we want you to know that this video does talk about trauma and violence. For some people, it can trigger strong feelings. If you're feeling overwhelmed, please reach out to us. We're here to help. Our website lists resources as well. [website address on screen]

## **[What is a Head Injury?]**

Head injury, or concussion, happens when you get a hit to the head hard enough that your brain bumps against the inside of your skull. This can happen when you fall and hit your head on something like the ground or when you are hit in the head such as being punched, kicked, or slapped. Head injury can also happen when you are shaken really hard. You might know this as whiplash. Any hit to the head can cause serious problems. A hit to the head is dangerous and sometimes even deadly. The chances of having a problem increase with the number of times your head was hurt during the incident and in the past.

## **[The Effects of Head Injury]**

The truth about head injuries is that many people do not have any visible marks on their head or face. This does not mean that it is less serious. A person can feel the effects of a head injury in the hours, days, and weeks afterwards.

When your head was injured, you might have seen stars or flashes, felt dizzy, and had ringing in your ears. You might have passed out or come close to passing out. You might have thrown up or had a seizure.

You might notice some of these effects of a head injury over the next few days.

- You might have blurry vision in both your eyes, and ringing in your ears.
- You might have a headache and trouble sleeping.
- You might find it hard to be in noisy or brightly lit places.
- You might find it harder to control your temper and emotions.
- You might find it hard to concentrate and remember simple things. Some people say it feels like walking around in a fog.

While these are common signs of a head injury or concussion, they can also be signs of another type of brain injury. During this same incident, you might have been strangled or "choked" and have another type of brain injury from this. If you were also strangled, please watch our strangulation video as well

### **[Serious Symptoms]**

Certain signs might mean you have a more serious injury to your head or neck. Signs to watch for include throwing up a lot, having a seizure, losing sight in only one eye, having numbness or drooping on one side of the face, or having slurred speech. Please go to your local emergency department if you have any of these signs.

### **[Follow-up Care]**

We have a specialized medical clinic to help you. This clinic is called Embrace Clinic. At this medical clinic, we can assess your injuries, monitor your recovery, and provide treatment. We can help you manage your pain, your emotions, and any problems sleeping. We can refer you to specialists and community services. We can even give medical notes to take time off from school and work. You do not need a referral to see us.

### **[What you can do to manage your symptoms]**

Here are some things you can do to take care of yourself:

- Take pain medicine regularly such as ibuprofen or acetaminophen (name brands are Advil and Tylenol).  
Pushing through pain can slow your recovery. Ask our team at Embrace Clinic or your pharmacist about the dose that is right for you. If you take other medicines, ask about any possible effects when taking pain medicine with your other medicines.

- Try to get nighttime sleep.

We know this can be hard right now.

Here are a few quick things you can do to help calm your mind and give you a healing sleep:

- Follow your regular sleep routine.
- Turn off all screens like TVs and phones at least one hour before bedtime.
- Do not drink or eat anything with caffeine late in the day.
- Listen to an audio book or sleep podcast.

Before taking any sleep medicines, including melatonin, please check with a health care provider or our team at Embrace Clinic.

- Refrain from drinking alcohol and using drugs, including cannabis. These can hide signs of a head injury. They also do not give you good healing sleep.
- Try to take regular breaks and rest throughout the day, especially if you are having headaches. Get a notebook and write down things you need to remember.
- Decrease your screen time on TV, phones, and computers.
- Use sunglasses if you need to be in a bright area. Use ear plugs for loud places.
- Try some gentle stretching for muscle strain in your neck and back. Hot packs can sometimes help as well.
- Take time off school or work if you are able to. If you need a medical note to support this, Embrace Clinic can help.

### **[Closing]**

The good news is that most people recover within a few weeks. We are here to help you along the way.

You have survived a serious violent incident and no matter how difficult recovery might be, you are capable of surviving and overcoming serious trauma. You are not alone. You have a team of compassionate and professional health care providers who are here to support you.

### **[Contact info for Embrace Clinic]**