



Brain Injury Bites: Help and Advice

Episode Nine: Impact on family and friends

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Brain Injury Education

This can be beneficial to friends and family, as well as for spouses and partners. It can help you to understand the aftermath of an injury on what your loved one is going through and the symptoms they might be experiencing, and how you can support them.

Counselling and therapy

If you're supporting someone after a brain injury it's OK to ask for help if you're struggling. There's been a huge change in your life so it's important to get the support you need. Try talking to your loved one's neuropsychologist if they have one, or another member of their treating team, or alternatively, contact your GP for help. Your health and wellbeing is just as important.

The Grieving Process

Some people compare coming to terms with the changes in a loved one after brain injury as being similar to the grieving process - it's about coming to terms with the loss of the person as they were before their injury. This is perfectly normal and it can take time to adjust.

Importance of understanding and empathy

Try to take the time to understand how a brain injury has impacted your loved one. Listen to the problems they are facing and research the different symptoms of brain injury to help to understand how they might be struggling. Investing this time can help strengthen your relationships and help both of you to adjust.

Helpful organisations

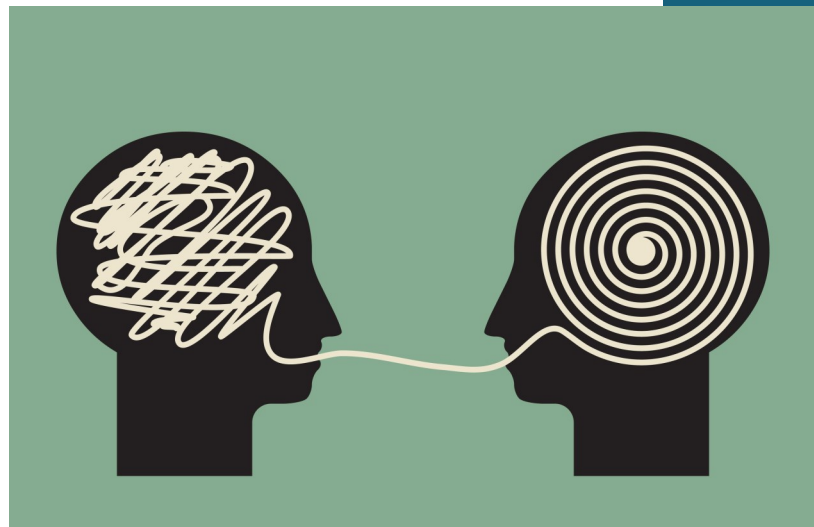
Headway: <https://www.headway.org.uk/>

Brain Injury Group:

<https://www.braininjurygroup.co.uk/>

BASIC: <https://www.basiccharity.org.uk/>

UKABIF: <https://ukabif.org.uk/>



“Your real friends will shine through.”



Brain Injury Bites

Bite-sized podcasts helping brain injury survivors

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