

Support Services

You don't have to lose consciousness or have a major head wound to have a TBI, and "mild brain injury" isn't mild. People who have sustained a brain injury need the right team to recover well; the team should include professionals who specialize in brain injury.

To find out who can help you, contact the Brain Injury Association of Virginia for:

- connections to resources
- outreach
- support
- education



If you are the victim of domestic violence, call the Virginia Family Violence and Sexual Assault Hotline: **1.800.838.8238**

Help, Hope & Healing

Visit www.biaav.net
1.800.444.6443



Domestic Violence & Traumatic Brain Injury

This tip card gives information about one of the most unrecognized effects of domestic violence: Traumatic Brain injury (TBI). The signs and behaviors associated with TBI and domestic violence can look very similar. The impact of physical and emotional violence on the body and mind is complex.



Facts About Traumatic Brain Injury (TBI)

One in 3 women and 1 in 4 men will experience physical violence by an intimate partner in their lifetime. The rates of TBI in women who are seen in the emergency room or in an emergency shelter are between 30 and 74%¹; most of these TBIs occur from a direct blow to the head or from strangulation, which can result in loss of oxygen to the brain.¹

30%
74%

Members of the LGBTQ community experience domestic violence at equal or even higher rates than others.

1. Kwako, L. E., Glass, N., Campbell, J., Melvin, K. C., Barr, T., & Gill, J. M. (2011). Traumatic brain injury in intimate partner violence: a critical review of outcomes and mechanisms. Trauma, violence & abuse, 12(3), 115–126.

Potential Causes for Traumatic Brain Injury (TBI)

- ☛ Punched in the face or head
- ☛ Hit in the head with an object
- ☛ Pushed against a wall or other surface
- ☛ Shaken violently
- ☛ Falling and hitting the head
- ☛ Strangled/choked
- ☛ Shot in the face or head



A person who has had many brain injuries may experience more problems and symptoms and/or take longer to recover. Also, once the brain is injured, it leaves the person at risk of a second, more serious injury.

Visit www.biaiv.net for additional information.

Signs & Symptoms of Traumatic Brain Injury (TBI)

- ☛ Persistent headache
- ☛ Trouble paying attention, concentrating, making decisions or solving problems
- ☛ Fatigue
- ☛ Loss of balance
- ☛ Short-term memory loss
- ☛ Ringing in the ears



Signs of a TBI from assault may show up immediately or after an attack.



TBI can result in physical, cognitive, and emotional impairments. However, there may not be physical signs that a TBI has occurred. Many mild injuries do not need a hospital stay, yet the effects of the injury can change someone's life forever.