

*Worth a look . . .*



## **TBI FACT SHEET**

Are you or someone you know dealing with the following symptoms?

- ★ headaches, dizziness, sensitivity to light or noise
- ★ hearing problems or ringing in the ears
- ★ change in sleep patterns, constant fatigue
- ★ loss of balance, loss of strength
- ★ diminished or changed sense of smell and taste
- ★ slowness in thinking, speaking, or reading
- ★ memory problems, getting lost or confused easily
- ★ difficulty organizing tasks and making decisions
- ★ inability to pay attention or concentrate
- ★ sudden mood changes, acting out of character
- ★ inappropriate reactions to small things
- ★ anxiety, depression, or apathy
- ★ avoidance of people or activities

You may be experiencing the effects of a Traumatic Brain Injury (TBI). TBI looks a lot like PTSD, and one person may have both at the same time.

Diagnosis and treatment can help you reduce symptoms and rebuild your life. People are ready to help, here in New Hampshire and across the nation.

**VA Veterans Crisis Line:**  
<http://veteranscrisisline.net>  
**1-800-273-TALK (8255)**

To get help now, see resources listed on back of this card.

*For info on this Fact Sheet, contact ACT ONE at 1-603-300-2986.  
Photo by Sgt. Joshua Carnes*

### **State of NH and National Resources for Veterans and Military Families**

**VA Veterans Crisis Line**  
<http://veteranscrisisline.net>  
**1-800-273-TALK (8255)**

**VA Medical Center, Manchester, NH**  
Judy Kowalik 1-603-624-4366 Ext. 6455  
Susan Burns 1-603-624-4366 Ext. 6260

**VA Medical Center, White River Junction, VT**  
1-802-295-9363 or 1-866-687-8387

**Warrior Health Clinic/Naval Branch Health Clinic**  
Portsmouth Naval Shipyard  
1-207-438-6961

**NH Deployment Cycle Support**  
Care Coordination Program (DCS-CCP)  
1-603-315-4354 / [cpitt@eastersealsnh.org](mailto:cpitt@eastersealsnh.org)

**NH Transition Assistance Advisor**  
Lisa A. Aldridge 1-603-225-1309  
[lisa.a.aldridge.ctr@mail.mil](mailto:lisa.a.aldridge.ctr@mail.mil)

**Vet Center, Manchester, NH**  
1-603-668-7060 or 1-877-927-8387

**Vet Center, Berlin, NH**  
1-603-752-2571 or 1-877-927-8387

**Brain Injury Association of NH (BIANH)**  
1-603-225-8400 or 1-800-773-8400  
<http://www.bianh.org>  
Veterans' Info at <http://www.nh-veteran.com>

**American Red Cross**  
[www.redcross.org/what-we-do/support-military-families](http://www.redcross.org/what-we-do/support-military-families)

**Home Base (Red Sox Foundation & Massachusetts General Hospital)**  
<http://www.homebaseprogram.org>  
1-617-724-5202

**Krempels Center**  
1-603-570-2026  
<http://www.krempelscenter.org>

**Military OneSource**  
<http://www.militaryonesource.mil/>

**Real Warriors/Defense Centers of Excellence**  
Outreach hotline  
1-866-966-1020 <http://realwarriors.net>

**Wounded Warriors @ 45 North**  
1-603-566-8450 / [www.ww45n.com](http://www.ww45n.com)