

**Are you experiencing any of the following symptoms
after Bumping Your Head:**

- Weakness, numbness, or decreased coordination
- Slurred speech
- Confusion, restlessness, or agitation
- Trouble remembering things, paying attention and concentrating, or making decisions and solving problems.
- Slowness in thinking, acting, speaking, or reading
- Getting lost or easily confused
- Lack of energy (or difficulty initiating actions)
- Change in sleeping patterns (too much or too little)
- Loss of balance, feeling light-headed, or dizziness
- Sensitivity to sounds, lights, or distractions
- Mood changes: sad, anxious, or listless; irritable or angry for little or no reason; or lack of motivation
- Change in sexual drive such as hypersexuality or hyposexuality
- Personality change.

If so, we might be able to help.

The Pittsburgh Area Brain Injury Alliance (PABIA) offers free peer support to anyone interested in learning more about the consequences of head and brain injury and strategies for overcoming recovery barriers.

For more information and to locate a meeting near you, **Contact:**