

WHAT IS A TRAUMATIC BRAIN INJURY?

A TBI is an injury that affects the brain:

It can occur from a:

- Bump or Blow to the Head
- A Hit to the Body
- Violent Shaking
- Or a Penetrating Injury like a Gunshot (CDC 2021)

These occurrences can cause the following symptoms:

Physical:

- Sensitivity to Light or Noise
- Balance Problems or Feeling Dizzy
- Fatigue*
- Headaches
- Nausea or Vomiting
- Vision Problems

Cognition*:

- Problems with Attention and Concentration*
- Brain Fog*
- Problems with Memory*

Emotion*:

- Anxiety or Depression*
- Irritability or Anger*
- Trouble with Sleep

(CDC, 2021)

*USLHC services can help to minimize these symptoms.



MISCONCEPTIONS ABOUT BRAIN INJURIES

- Concussions or brain injuries require a loss of consciousness. **FALSE**
 - Most concussions occur without loss of consciousness
- Concussions or brain injuries only occur in athletes or football players. **FALSE**
 - Concussions and brain injuries can happen to anyone. The most common cause is falling. Additionally, some studies are showing women are twice as likely to sustain TBIs.
- If you do not feel bad previous blows to the head do not affect you. **FALSE**
 - A range of mild head impacts, especially more than 3, can add up and result in long-standing concussion symptoms.



CONSIDER HELPS

H: Have you ever **Hit** your head or been **Hit** on the head, or shaken roughly? Has anyone strangled you?

E: Were you ever seen in the **Emergency** room, hospital, or by a doctor for an injury to your head? Have you ever felt you needed medical attention but did not seek it?

L: Did you ever **Lose** consciousness or experience a period of time being dazed and confused because of an injury to your head?

P: Do you experience any of the **Problems** of TBI in your daily life? See list of symptoms physical, cognitive, and emotional symptoms on other page.

S: Any significant **Sickness** or **physical symptoms**?

(Picard, Scarisbrick, Paluck 1991).

If you answer yes to one of the questions and experience any of the listed symptoms, reach out for help.



SEEK

FIND

Registration Required

Call 713-743-0915 to register or email uslhc@uh.edu. The USLHC maintains client confidentiality and no health information is shared without the client's signed consent for a release of information.

Fees

Fees based on sliding scale. Application for services at no cost is available upon request.

Schedule

Varies depending upon availability. All services are provided by graduate students in the Department of Communication Sciences and Disorders under the supervision of a licensed and certified speech-language pathologist.

Who is Eligible?


Anyone showing symptoms even if you do not remember an injury to your head.


Equitable Treatment Services at the USLHC are available to all people, regardless of gender expression and identity, ethnicity, race, sexual orientation, age, disabilities, religious beliefs, and socioeconomic status.

 facebook.com/USLHC

 [@UHCOMD](https://www.instagram.com/UHCOMD)

The University Speech-Language-Hearing Clinic (USLHC) is located in the Melcher Life Sciences building next to the Fertitta Center.

 **3871 Holman St M156**
Houston, TX 77204-6018

 **713-743-0915**

 www.uh.edu/class/comd/slhc

SERVICES OFFERED AT THE USLHC

Child Speech & Language

- Pre-K Language Learning Group
- Language Development
- Speech Sounds
- Apraxia
- Fluency
- Autism
- Social Skills

Adult Speech, Language, & Cognition

- Brain injury and Cognition
- Aphasia
- Post Stroke Communication Group
- Parkinson's Voice Project
- Transgender Voice
- Fluency
- American English Accent Training

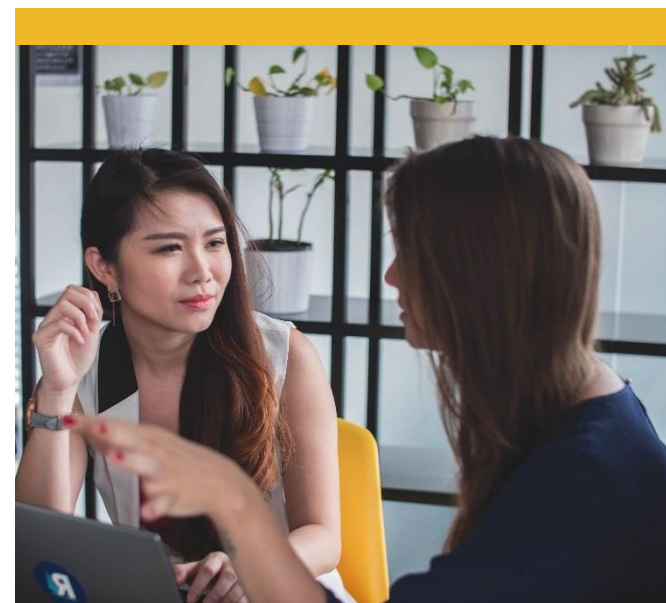
Hearing Services

- Drop-off hearing aid cleaning and repair services



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BRAIN INJURY & COGNITIVE THERAPY

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