

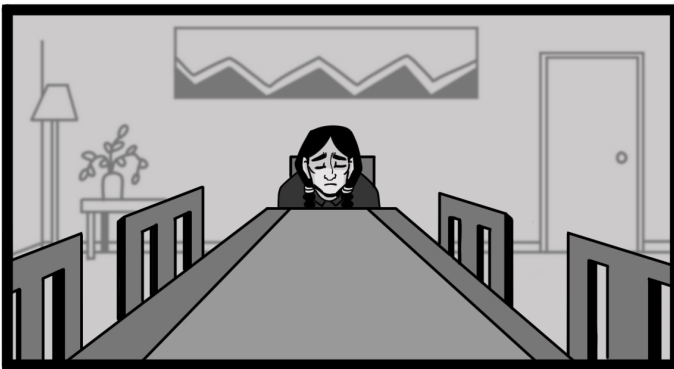
**Traumatic Brain Injury
Resource Bundle
for American Indians**

Managing Depression After Traumatic Brain Injury (TBI)

After his traumatic brain injury (TBI), Brocky felt depressed. Depression after TBI is common. It may interfere with daily life. There are strategies to help manage depression.



Symptoms of depression include...



- **Feeling sad or hopeless**
- **Feeling worthless or like a failure**
- **Having thoughts of death or suicide**

- **Feeling tired or a lack of energy**
- **Moving or speaking slowly or feeling restless**
- **Changes in sleep or appetite**



**Come play
with us, dad!**



**Maybe
later.**

- **Trouble concentrating**
- **Withdrawing from others**
- **Loss of interest in activities**

Causes of depression after TBI include...

Changes in the brain due to the TBI.



Depression may be due to injury to parts of the brain that control emotions.

An emotional response to the TBI.



For example, learning to live with a disability or a role change.

Sudden life changes due to TBI.

I miss playing basketball.



TBI can cause loss of employment, financial hardship, and an inability to engage in activities enjoyed before the injury, which may lead to depression.

Factors that aren't related to the TBI.

Dad, can we talk about depression?



Some people are at higher risk for depression due to their genetics or personal and family history.

Needing help, Brocky decides it is time to talk with his doctor.

I'm sorry to hear that, Brocky. Let's talk about what we can do!



I think I might be depressed, and I don't know what to do.

Dr. Brown tells Brocky that medicines, counseling, or a combination of the two can help most people who have depression.



One medicine such as ANTIDEPRESSANTS work by helping to re-balance the brain. These can take several weeks to reach maximum effectiveness, so it is important to take them as prescribed until a follow-up appointment with the doctor. Antidepressants are not addictive.



There are many kinds of PSYCHOTHERAPY (i.e., talk therapy) and counseling. For people with depression, the most effective types of therapy are those that focus on daily behavior and thoughts.

Other treatments may help to treat depression. Examples include exercise, acupuncture, or biofeedback. Consult your healthcare provider about these treatments.



Exercising with friends and family are also great ways to add social support to your exercise routine.



Acupuncture may help relieve discomfort associated with different conditions.



Biofeedback can be used to help treat depression. With biofeedback, sensors measure your brain activity.

Dr. Brown tells Brocky that seeing his primary care doctor was a great first step. Other health care providers can also help.



Thanks for the help.

You're welcome, Brocky. Depression is not a sign of weakness, and it's not anyone's fault. You can do this!

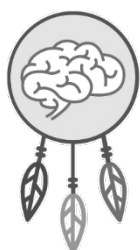


If you have thoughts of death or suicide, get help right away. Call a local crisis line or 911. You can also call the National Crisis Hotline, which is open 24 hours a day, at 988. You can also go to a hospital or emergency room.

Source: The content of this infocomic was adapted from the factsheet entitled *Depression after Traumatic Brain Injury*, which was developed by Jesse Fann, MD, MPH, and Tessa Hart, PhD in collaboration with the Model Systems Knowledge Translation Center (<https://msktc.org>).

Disclaimer: This information is not meant to replace the advice of a medical professional. You should consult your health care provider regarding specific medical concerns or treatment. The contents of the infographic were developed under a grant from the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR grant number 90DPKT0008). NIDILRR is a Center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS). The contents of this infographic do not necessarily represent the policy of NIDILRR, ACL, or HHS, and you should not assume endorsement by the Federal Government.

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