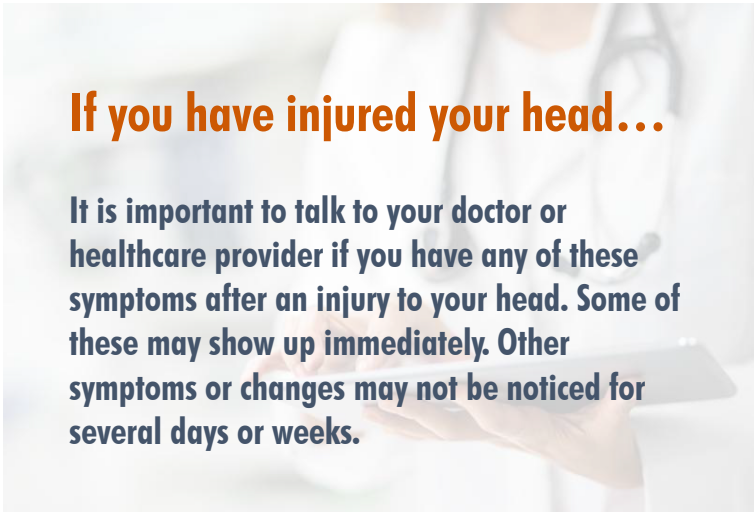




If you have injured your head...

It is important to talk to your doctor or healthcare provider if you have any of these symptoms after an injury to your head. Some of these may show up immediately. Other symptoms or changes may not be noticed for several days or weeks.

Common physical symptoms:

- Headaches
- Fatigue
- Feeling dazed or confused
- Vision changes
- Ringing in the ears
- Dizziness or balance problems
- Seizures
- Pain in the head, face or neck

It can also cause changes in:

- Remembering
- Paying attention or focusing
- Getting things done
- Organizing things
- Following conversations
- Feeling motivated
- Falling or staying asleep
- Controlling emotions
- Managing mood and behavior

Need Help?

Brain Injury Association of Nebraska

(844) 423-2463

biane.org

Staff are located throughout the state and are knowledgeable about brain injury as well as what information, referrals, and assistance you may need to access community services.

Aging & Disability Resource Center

(844) 843-6364

<https://dhhs.ne.gov/Pages/Aging-and-Disability-Resource-Center.aspx>

There are 13 ADRCs in Nebraska. They serve Nebraskans 60 years and older, people with disabilities of all ages, family members, caregivers, and advocates. They connect people to information, referrals, and assistance with accessing community services and long-term care options.

NE Client Assistance Program's (CAP) Hotline for Disability Services

(800) 742-7594

<https://cap.nebraska.gov/>

The hotline offers information and referrals to Nebraskans who have questions or concerns related to a disability. Common topics include rehabilitation services, special parking permits, transportation, and legal rights.

Nebraska 211

(866) 813-1731

<https://uwm211.org/nebraska-programs/>

This directory provides information on support services and programs across the state.

