

“You Are Not  
Alone. Our families  
have been  
where you are.”

*Call*

1-800-TBI-HOPE  
(1-800-824-4673)

Immediate HELP for families  
experiencing a  
Traumatic Brain Injury (TBI)

[www.800tbihope.org](http://www.800tbihope.org)



*"You must have received the phone call I received.*

*Someone you love very much has been seriously injured and suffered a Traumatic Brain Injury (TBI). These words are frightening and you simply cannot understand right now what this type of injury will mean to your loved one, to you or to your family. I know. I sat where you are now, not very long ago... scared and feeling helpless because I did not know what questions to ask or who to call for guidance or help.*

*Because I care and because I know how you feel, you now have a toll free number to call 24 hours a day, 7 days a week to receive guidance and to help answer your questions."*

TRACY EAST PORTER

Founder, Mothers Against Brain Injury, Inc.

*A Message of Hope & Support to Family Members*

Dear Family Member:

We can help you get through this.

As people whose loved ones have experienced a Traumatic Brain Injury (TBI), we have been where you are right now. At this difficult time, we want you to remember these five things:

- You are not alone
- We understand how TBI affects the entire family
- There is hope...just a phone call away
- We are available to help 24 hours a day, 7 days a week
- Let us take the next step with you

**Call 1-800-TBI-Hope (1-800-824-4673)**

## Questions You Will Have

*At Mothers Against Brain Injury, we understand you may have difficult questions at this time, including:*

- What do I do now?
- Why us?
- How did this happen?
- Will my loved one get better?
- How long will recovery take?
- How do I pay my bills?
- Can I lose my job while I take care of my loved one?
- Who is going to pay for my medical bills?
- Is there enough insurance to cover this?

- Will I be able to afford my loved one's medical bills?
- Do I have a choice about treatments being recommended?
- Will my loved one have the same life as before?
- How long will it be before my loved one wakes up?

### WHAT IS THE NEXT STEP?

In order to help your loved one, it is important to learn as much as you can about Traumatic Brain Injury (TBI). We can help guide you, call 1-800-TBI-HOPE (1-800-824-4673).

## *Hope Through Help*

*Your main concern is the recovery of your loved one.  
During their recovery, here's how you CAN help:*

*Call 800-TBI-HOPE  
(1-800-824-4673)*

- Understand what has happened to your loved one.
- Lean on your family and friends.
- Consider how your loved one's treatment will be funded.
- Seek legal advice.
- Become an advocate for your loved one.
- Take care of yourself.
- Seek out available resources.
- Learn about Traumatic Brain Injury (TBI).

*Take Care of  
Yourself*

*Your loved one is going to need  
you to be strong.*

As your loved one's advocate and caregiver, it is in their best interest that you take care of yourself. It is important to realize that the emotional and physical strains on you can be devastating.

Many families are hesitant to leave the hospital. But exercise can help relieve tension and gives you a break. Even little things like going outside for walks, having a cup of coffee, visiting with a friend, or going out for lunch are ways of caring for yourself. Your

loved one will be well cared for in your absence. Taking time to speak to a friend, counselor, a priest or a rabbi can also serve to relieve stress and share your worries and concerns.

People often feel guilty about taking time for themselves when a family member has such great needs. However, taking the time to take care of yourself ensures that you will be there for your loved one when they need you most.

*Call 800-TBI-HOPE (1-800-824-4673)*

*“I sought the Lord, and He heard me, and delivered me from all my fears.”*

PSALM 34:4



1052 Buttercup Dr.  
St. Johns, FL 32259

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