

**HELPFUL
THINGS TO SAY
TO SOMEONE
WITH A BRAIN
INJURY.**



WHY DID WE CREATE THIS RESOURCE?

The Keep Your Head Up Foundation created this community resource to help those in one's circle of support better understand what can be helpful to say to someone during brain injury recovery. We asked our community to engage with us so we could better understand their lived experiences with brain injury. We hope this resource will serve as a starting point for those looking to offer support to individual's going through brain injury recovery.

WAYS TO SHARE THIS RESOURCE

- Share it with your...
 - Friends
 - Family
 - Colleagues



1.

"I know this isn't easy for you, but you are strong and will get through this"

2.

"Your brain is healing. It is okay for you to feel this way. Take your time."



3.

"You have been so strong through all that you have overcome"

4.

"This is your recovery, now let's make a plan together"



5.

"I see that you're getting tired. Why don't we wrap things up for today?"

6.

"I will be there for you no matter what"



7.

"You carry yourself with so much grace and compassion and resilience even when you're clearly struggling"

8.

"This is your recovery. Don't compare your journey to anyone else's"



9.

I know sometimes you aren't feeling well and no one else can tell. So, please tell me so that I can support you.

10.

I might not always have the right answers but know that I am always here for you.



Additional Support Resources

All found on the Keep Your Head Up Website.
www.keepyourheadup.ca

[TBI Through the Eyes of Friends](#)

[TBI Through the Eyes of Partners](#)

[TBI Through the Eyes of Caregivers](#)

[TBI Through the Eyes of Educators](#)

