

**HURTFUL &
UNHELPFUL
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 unhelpful and hurtful to say to someone during brain injury recovery. We asked our community to engage with us to better understand their lived experiences with brain injury. The goal was to create a representative community resource that aims to 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.

“Do you just use your brain injury as an excuse for everything now?”

It is extremely difficult and brave to share that you are struggling. When people downplay these attempts to reach out, it can further harm the individual's recovery process.

2.

"Are you sure you're not 'just' depressed?"

Mental health is often a huge part of the recovery process. However, these diagnostic conversations should happen between an individual and their care team.



3.

“It's normal to forget things”

When someone shares that they are struggling, instead of relating, empathize and ask how you might be able to help.

4.

"You're *still* not better? "

Brain injury recovery is different for everyone and healing is often not linear.



5.

"You could have had it worse"

...but we could have had it better too.

6.

"I can't even tell"

Brain injuries are invisible injuries which makes it that much more difficult to get the support that you need. Just because you can't see it, doesn't mean it isn't real.



7.

"Most people....[insert expectation here]"

There is no such thing as *most* when it comes to brain injury. All injuries are as different as the individuals who carry them.

8.

"Everything happens for a reason"

This might be true, however, it can be hurtful to say this when someone is in the midst of their struggle.



9.

"You are being so dramatic"

It is not up to anyone else to decide how someone should feel. This type of remark can hinder one's willingness to reach out for the support one needs.

10.

"You're not the only one who doesn't feel well"

When someone shares that they need help, it's not a competition, but a matter of getting everyone the support that they need.

