

- Changes in your mood or the way you feel are common after a concussion and can affect your day-to-day function, relationships with others, and overall quality of life
- If you had challenges with mental health before, a concussion could make these worse
- You can also experience new mental health challenges caused by temporary changes in your brain from a concussion, as well as changes to your daily activities or sleep

What factors contribute to mental health problems?

- Changes to brain networks that control emotions
- Pain and distress about physical symptoms
- Difficulty performing usual daily activities
- Feeling isolated or disconnected from community
- Lack of support or understanding from peers
- Stress regarding work, school, or life pressures
- Sleep disturbances

Common mental health symptoms

- Anxiety and nervousness
- Depression and sadness
- Irritability and mood swings
- Difficulty sleeping and fatigue
- Apathy (lack of interest)
- Fear and post-traumatic stress
- Poor concentration/memory

How can mental health problems be managed?

Coping Strategies

Strategies to help **cope with stress and anxiety** include:

- Regular physical activity
- Deep breathing
- Visualization and positive mental imagery
- Muscle relaxation
- Mindfulness/meditation

Counseling

Counselling or psychotherapy can help **address negative thoughts** and emotions.

Techniques may include:

- Cognitive behavioral therapy (CBT)
- Grounded exposure therapy
- Trauma therapy

Medication

Medication may help manage moderate to **severe or persistent mental health problems** after a concussion.

You should discuss the role of medication with your doctor, including potential benefits and side-effects.