

BRAIN INJURIES & SUICIDE

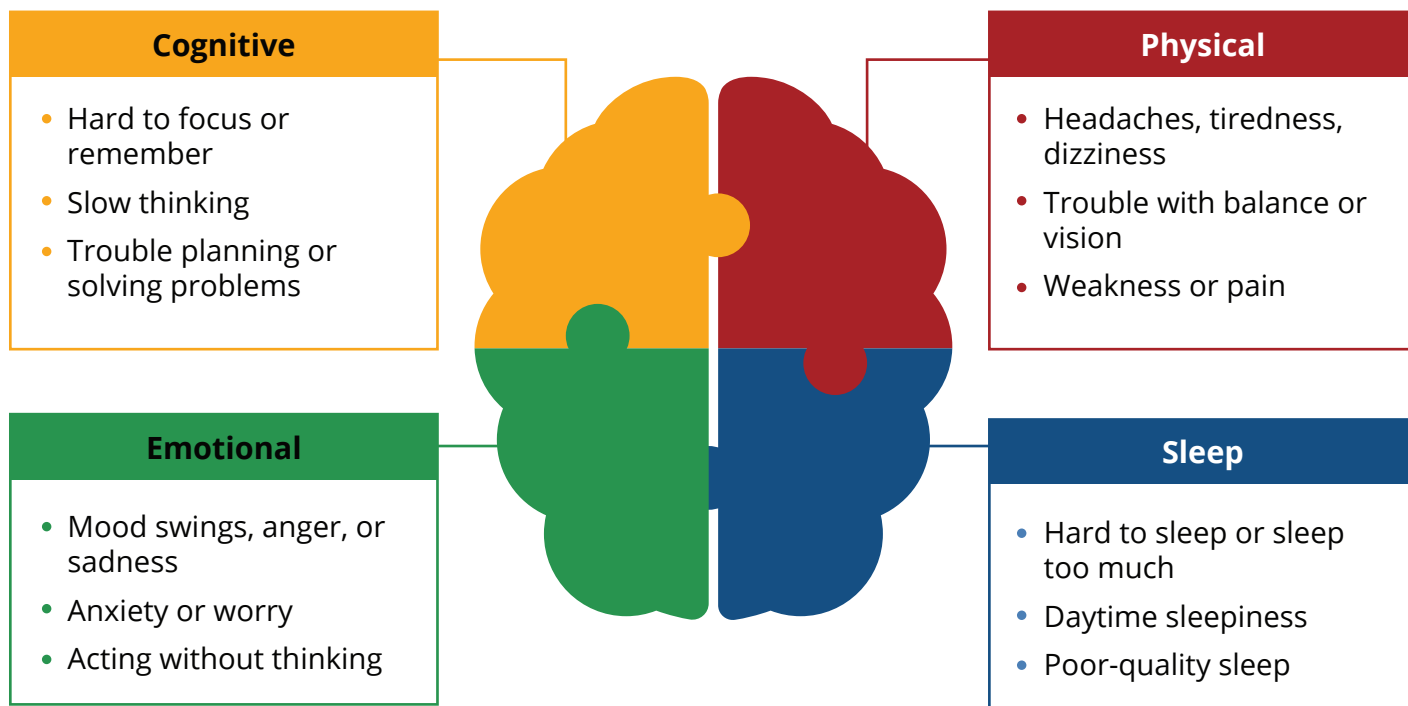
A brain injury can affect more than memory or physical movement—it can also impact emotions, mood, and mental health. For some people, these changes can increase feelings of hopelessness or thoughts of suicide.

Understanding the connection between brain injuries and suicide is an important step in recognizing warning signs, reducing risk, and helping people get the support they need.

**Contact North Dakota
Brain Injury Network**

ndbin.org
855.866.1884

How Brain Injuries Affect Mental Health



These changes can make a person more likely to struggle with depression, anxiety, or thoughts of suicide. This can happen right after an injury—or even months or years later.

What Research Shows

2x

People who have had a concussion or mild brain injury are about twice as likely to **die by suicide** compared to people who have not been injured.



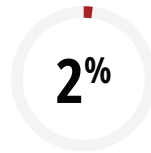
People with brain injuries are also more likely to have suicidal thoughts or to try to **harm themselves**.



Suicidal thoughts can happen **years after an injury**, not just right away. People who have these thoughts soon after an injury are more likely to struggle with them long term.



About 1 out of 5 people (19%) with a brain injury have had **suicidal thoughts**.



About 2 out of 100 people (2%) have **attempted suicide**.



Because of this risk, doctors and counselors are encouraged to **check regularly** for mental health and suicide risk in anyone with a brain injury

Steps to Reduce Emotional Struggles After a Brain Injury

Most people recover well and can return to their regular activities. Still, a brain injury can sometimes affect mood, focus, or behavior. Here are some steps that can help:



Spend Time Outside:
Fresh air and gentle activity can boost mood and focus.



Be Patient With Yourself: Recovery takes time. Notice small gains.



Stay Connected:
Talk with family, friends or a counselor about how you're feeling.



Follow Your Care Plan:
Take medications, attend therapy and follow medical advice.



Set Small Goals:
Break tasks into manageable steps.



Keep a Routine:
Regular sleep, meals and activity support emotional balance.

If You Or
Someone
You Know Is
Struggling

Call or text 988 to reach the Suicide and Crisis Lifeline — available 24/7.

**988 Suicide & Crisis
LIFELINE**

NDBIN is also available to support survivors of brain injury with symptom management. Contact us today to get set up with a resource facilitator.