

Brain Injury

Programs that develop an individually tailored treatment plan that combines the resources of many specialists to help individuals who have been disabled by an acquired brain injury (ABI) or traumatic brain injury (TBI) attain their maximum level of functioning and quality of life. There is generally a focus on vocational skills and community reintegration.

Article

Relief for chronic post-traumatic headaches

Strategies for finding relief from chronic post-traumatic headaches.

Source

[VAntage Point: Official Blog of the U.S. Department of Veterans Affairs](#)

Links

Living with Traumatic Brain Injury (TBI) ~ Model Systems Knowledge Translation Center (MSKTC)

Source

[Living with Traumatic Brain Injury \(TBI\) ~ Model Systems Knowledge Translation Center \(MSKTC\)](#)

Books & Guides

Rebuilding Together: A Guide for Caregivers

[Rebuilding Together](#) provides valuable information on brain injury and what caregivers can expect following a brain injury including recovery, rehabilitation, and how to take care of themselves.

Source

[Shepherd Center](#)

Links

Brain&Life

Source

[Brain&Life](#)

Article

Concussion Self-Care Tips

Learn about strategies to manage concussion symptoms while at home.

Source

[Sheltering Arms](#)

Links

Community Brain Injury Services - Hampton and Richmond Areas

Source

[Community Brain Injury Services - Hampton and Richmond Areas](#)

Article

Headaches After Traumatic Brain Injury

Learn about headaches after traumatic brain injury including triggers, symptoms, and treatment options.

Links

BrainLine: All about brain injury and PTSD

BrainLine is a national multimedia project offering information and resources about preventing, treating, and living with TBI. BrainLine includes a series of webcasts, an electronic newsletter, and an extensive outreach campaign in partnership with national organizations concerned about traumatic brain injury.

Source

[BrainLine: All about brain injury and PTSD](#)

Links

Headstrong - Healing the Hidden Wounds of War

Source

[Headstrong - Healing the Hidden Wounds of War](#)

Article

Traumatic Brain Injury and PTSD

Traumatic brain injury (TBI) occurs from a sudden blow or jolt to the head. Brain injury often occurs during some type of trauma, such as an accident, blast, or a fall. A TBI is the injury, not the symptoms.

Source

[U.S. Department of Veterans Affairs](#)

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