

Brain Injury After Overdose

After an overdose or a head, neck, or facial injury, your brain may be stressed or briefly deprived of oxygen. This can lead to temporary or longer-lasting changes in how you think, feel, or act. This card can help you and your loved ones notice those changes and know when to reach out for support.

YOU MAY NOTICE CHANGES IN:

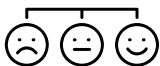
**CHECK ALL THAT APPLY*

THINKING



- Trouble remembering things
- Feeling foggy or confused
- Taking longer to think or respond
- Losing your train of thought
- Hard time concentrating

FEELINGS



- Feeling overwhelmed or stressed
- Feeling more emotional than usual
- Feeling flat or disconnected
- Feeling anxious, numb or sad
- Feeling mentally fatigued

BEHAVIOR



- Forgetting appointments
- Starting tasks and not finishing
- Having trouble keeping organized
- Avoiding people or withdrawing
- Saying or doing things impulsively

BODY



- Migraine like headaches
- Dizziness or balance problems
- Trouble sleeping
- Sensitivity to noise or light
- Feeling very tired or worn out

SCAN HERE FOR MORE RESOURCES
AND INFORMATION

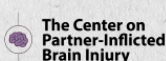


ADDITIONAL NOTES

Use this section to write down additional observations or symptoms not listed on the front. Paying attention to changes can help you make sense of what's happening and talk with someone you trust, like family, friends, or a healthcare provider.

SEEK MEDICAL CARE RIGHT AWAY IF:

- Severe or worsening headache
- Repeated vomiting
- Seizures
- Trouble walking or staying awake
- Slurred speech



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A NEOMED CCoE