

# BRAIN INJURY AWARENESS MONTH

Please see below the official posts for Brain Injury Awareness Month (BIAM) from the Defense and Veterans Brain Injury Center (DVBIC) and the A Head for the Future initiative. Thanks for sharing our BIAM messages and encouraging service members, veterans, their families and healthcare providers to join our “Think Ahead” hashtag campaign and learn how to prevent, recognize and recover from traumatic brain injury (TBI).

## Facebook Messages

Throughout the month of March and all year long, the **@U.S. Department of Defense (DoD)** supports brain injury awareness. Download a #BIAMonth hashtag card and upload your inspirational message for service members and veterans with #TBI. [www.defense.gov/biam](http://www.defense.gov/biam)

Since 2000, more than 350,000+ service members were diagnosed with a traumatic brain injury. Support #BIAMonth and our military community by joining the #ThinkAhead hashtag campaign. [http://www.dcoe.mil/blog/16-03-01/Post\\_Your\\_Selfie\\_to\\_Promote\\_Brain\\_Injury\\_Awareness\\_Month.aspx](http://www.dcoe.mil/blog/16-03-01/Post_Your_Selfie_to_Promote_Brain_Injury_Awareness_Month.aspx)

Line leaders, service members and veterans: Learn the basics of #TBI and when to get checked out during #BIAMonth. <http://dvbic.dcoe.mil/aheadforthefuture/recognize>. #ThinkAhead

DYK concussions are the most common form of TBI in the military and they are often undiagnosed? **@DVBIC - Defense and Veterans Brain Injury Center** can help you recognize the symptoms of a mild TBI during #BIAMonth. <https://dvbic.dcoe.mil/material/signs-symptoms-fact-sheet-english> #ThinkAhead

**@U.S. Navy SEAL Brian O'Rourke's** wife noticed his symptoms of insomnia, irritability and anxiety. Her awareness helped lead to his #TBI diagnosis. Share his inspirational story of recovery throughout #BIAMonth. <http://dvbic.dcoe.mil/aheadforthefuture/blog/tbi-diagnosis-helped-save-family> #ThinkAhead [Graphic 1]

After an incident such as a fall, motor vehicle collision, or sports-related injury, medical personnel look for signs of a TBI. Learn how service members are screened for possible brain injuries with **@Military Health**. <http://www.health.mil/military-health-topics/conditions-and-treatments/physical-disability/traumatic-brain-injury/TBI-Screening> #BIAMonth #ThinkAhead

Looking for #TBI resources? **@DVBIC - Defense and Veterans Brain Injury Center** supports a network of 18 centers operating out of 13 military hospitals and clinics, and five **@U.S. Department of Veterans Affairs** medical centers – check out the map to find a location near you! <http://dvbic.dcoe.mil/locations> #BIAMonth #ThinkAhead [Graphic 2]

**@U.S. Army** veteran Randy Gross uses his previous experiences with brain injury to help connect with service members and show them that recovery is possible. <http://dvbic.dcoe.mil/aheadforthefuture/blog/veteran-who-sustained-tbi-helps-fellow-service-members-brain-injury-care> #BIAMonth #ThinkAhead [Graphic 3]

#ThinkAhead with **@A Head for the Future** for #TBI prevention resources during #BIAMonth. <http://dvbic.dcoe.mil/aheadforthefuture/materials>

MYTH: #TBI only affects individual service members, not the unit. FACT: #TBI affects a unit's readiness and retention. Stay mission ready and prevent #TBI in garrison with tips from **@A Head for the Future**. <http://dvbic.dcoe.mil/aheadforthefuture/materials> #BIAMonth #ThinkAhead

Maj. Eve Baker, **@U.S. Marine Corps** reservist, shares why it's important to manage your risk for head trauma. She reminds our military families to always wear a helmet during military training or appropriate recreational activities (skiing, bicycling, motorcycle riding, etc.). <http://dvbic.dcoe.mil/aheadforthefuture/blog/marine-cyclist-recovers-following-doctor-s-advice> #BIAMonth #ThinkAhead [Graphic 4]

**@Warrior Care** highlights new initiative to improve #TBI awareness within the services. <http://warriorcare.dodlive.mil/2016/06/06/lets-talk-about-tbi-military-health-system-initiative-highlights-prevention-recognition-and-tools-for-recovery-from-traumatic-brain-injury> #BIAMonth #ThinkAhead

Brain Injury Awareness:  
1 – 5 March

Know the Signs of Brain Injury:  
6 – 12 March

Get Help, Brain Injury Resources:  
13 – 19 March

Be Safe, BIAM Prevention Tips:  
20 – 31 March

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Brain Injury Awareness:  
1 – 5 March

## Twitter

**@DeptofDefense** continues commitment to #TBI awareness during #BIAMonth. Learn more: [www.defense.gov/biam](http://www.defense.gov/biam) #ThinkAhead

Support #BIAMonth. Since 2000, 350,000+ service members were diagnosed with #TBI: [http://www.dcoe.mil/blog/16-03-01/Post\\_Your\\_Selfie\\_to\\_Promote\\_Brain\\_Injury\\_Awareness\\_Month.aspx](http://www.dcoe.mil/blog/16-03-01/Post_Your_Selfie_to_Promote_Brain_Injury_Awareness_Month.aspx) #ThinkAhead

Know the Signs of Brain Injury:  
6 – 12 March

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DYK concussions often go undiagnosed? #DVBIC can help you recognize the symptoms: <https://dvbic.dcoe.mil/material/signs-symptoms-fact-sheet-english> #BIAMonth #ThinkAhead

**@USNavy** SEAL received #TBI care after his wife noticed symptoms. Share his story during #BIAMonth: <http://dvbic.dcoe.mil/aheadforthefuture/blog/tbi-diagnosis-helped-save-family> #ThinkAhead [Graphic 1]

Get Help, Brain Injury Resources:  
13 – 19 March

**@MilitaryHealth** explains how service members are screened for possible TBIs: <http://www.health.mil/Military-Health-Topics/Conditions-and-Treatments/Physical-Disability/Traumatic-Brain-Injury/TBI-Screening> #BIAMonth #ThinkAhead

#DVBIC Recovery Support Program helps the military community with TBI resources. Learn more: <http://dvbic.dcoe.mil/tbi-recovery-support-program> #BIAMonth #ThinkAhead [Graphic 2]

Discover how a **@USArmy** veteran who recovered from #TBI helps fellow service members: <http://dvbic.dcoe.mil/aheadforthefuture/blog/veteran-who-sustained-tbi-helps-fellow-service-members-brain-injury-care> #BIAMonth #ThinkAhead [Graphic 3]

Be Safe. BIAM Prevention Tips:  
20 – 31 March

Reason #1 to guard against #TBI: Your fellow warriors and family depend on you. Follow **@AHFTF\_Page** for tips to protect your head.

FACT: The majority of military #TBIs are diagnosed in noncombat settings. Learn more: <http://dvbic.dcoe.mil/about/tbi-military> #BIAMonth #ThinkAhead

Know the symptoms of concussion with this #DVBIC fact sheet: <https://dvbic.dcoe.mil/material/signs-symptoms-fact-sheet-english> #BIAMonth #ThinkAhead

Maj. Eve Baker, **@USMC** reservist, reminds our military family to #ThinkAhead and wear a helmet. <http://dvbic.dcoe.mil/aheadforthefuture/blog/marine-cyclist-recovers-following-doctor-s-advice> #BIAMonth [Graphic 4]

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**THINK  
AHEAD**  
Be safe. Know the signs. Get help.



# BRAIN INJURY AWARENESS MONTH

## Social Graphics

Graphic #1



Graphic #2



Graphic #3



Graphic #4



## Social Media Covers

Official Brain Injury Awareness Month Cover



Official Brain Injury Awareness Month Cover

