

Supporting a friend who has a concussion



Why is it important to support a friend who has a concussion?

1 Concussions are an invisible injury

Your classmate may act differently after a concussion. Since no one can see their injury, they may not get the support they need from their peers. Learn about your friend's injury and show empathy to help them feel understood and supported.

2 Concussions can affect mental health

People with concussions face more than just physical challenges. These challenges can include anxiety, frustration, mood swings and social isolation.

3 Your friend needs you

Reaching out to a friend who is recovering from a concussion will help them feel cared for and connected to their community.

What types of support can you give your friend?



Emotional

Building a sense of social inclusion, reassurance and care.



Tangible

Direct physical aid such as physical support or services.



Informational

Information and advice can help a person solve a problem.

How can you support a friend?

What to do

How to do it

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| Keep in touch with them | → | Call or text your friend, make sure they are not missing out |
| Adapt your social plans | → | Modify how you hang out with your friend by including quiet environments, small groups and rest breaks |
| Find ways to include them | → | If you play on the same sports team, fill them in on any new strategies or skills for when they are able to return |
| Listen to your friend | → | Ask about your friend's experience, try putting yourself in their shoes and help them feel understood |
| Help your friend with school | → | Share notes with your friend, help them carry their books, offer to drive/walk with them to avoid the bus |