

SUICIDE AFTER TRAUMATIC BRAIN INJURY

People with traumatic brain injury rarely commit suicide. However, many go through crisis periods when they think about suicide or feel like suicide after their injury. With time and support, the great majority of people get through these difficult times.

For the person with traumatic brain injury:

- Remember that it is normal to feel this way after a traumatic brain injury and many people feel the same.
- Tell someone how you are feeling.
- Don't rely on drugs or alcohol to try and deal with bad feelings.
- Tell yourself the huge majority of people get through these bad times
- If you are feeling depressed, ask about treatment from a doctor or psychologist
- Log on to websites such as Beyond Blue (<http://www.beyondblue.org.au/>) or ring the Lifeline Crisis Call line on number 13 11 24.

For the family member:

- Feeling suicidal is one of many reactions to living with a brain injury that people experience
- Listen to your relative.
- Let someone who has experience in treating suicidality know about how your relative is feeling.
- Don't panic yourself because the huge majority of people get through these bad times.
- If they are depressed encourage your relative to get treatment
- Think about ways of reducing the lethality of the home environment (are there guns in the house, too much medication)