



What happens during a TBI?

- A traumatic brain injury happens when your brain moves back and forth within the skull

What are the symptoms of a TBI?

- Frequent symptoms include:
- Headache, nausea, light sensitivity, fatigue, emotional issues including anger and sadness, memory problems, difficulty completing daily activities

How to care for yourself after a TBI?

- Rest: it is important to reduce daily activities and sleep to help your brain recover
- Drink healthy fluids: water will help you stay hydrated, key to helping your body recover

Where to Turn

Southern Adirondack Independent Living (SAIL), Queensbury

For patients ages 18-64 in the North Country with TBI, including stroke and neurological diseases, to utilize area resources, they need to contact SAIL to qualify for the waiver program. The waiver program can help you find transportation if you cannot drive, can help you manage your finances, and help you with activities that have become more difficult after your TBI.

Contact Information

518-792-3537

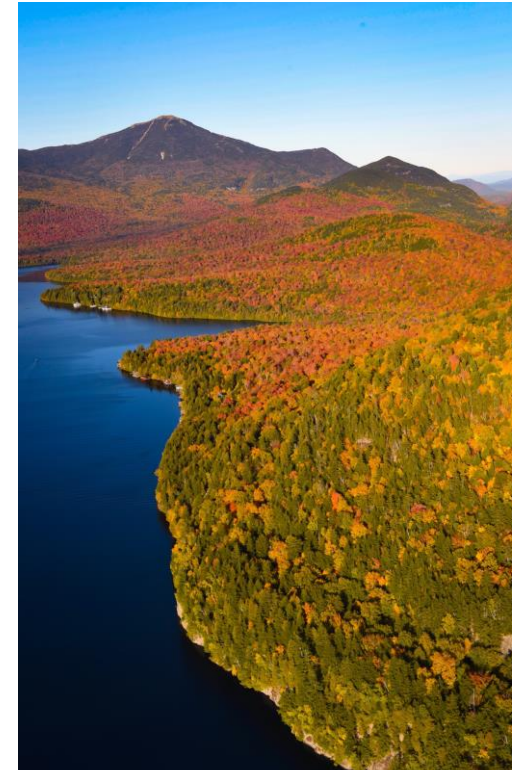
Clinton County Criss Hotline:

If you feel that you need to speak with someone immediately, you can reach out to the crisis hotline

Contact Information

866-577-3836

TBI RESOURCES FOR THE NORTH COUNTRY



**TBI RESOURCES
FOR THE
NORTH
COUNTRY**

*Making the next steps for yourself
or a loved one*

Knowing when to seek medical help after a recent concussion

Someone should also call the doctor or nurse if:

- You have trouble staying awake
- You have a severe headache, or a headache that gets worse
- You vomit more than once
- You have a seizure
- You have trouble walking or talking
- Your vision changes
- You feel weak or numb in part of your body
- You lose control over your bladder or bowels

(UpToDate)

Mental Health Services, Clinton County

Access to mental health services in Clinton County. Walk-in hours are from 8:30 A.M. to 12:00 P.M Monday through Friday

Contact Information

130 Arizona Ave, Suite 1500, Plattsburgh NY
518-565-4060

Brain Injury Association of New York

Information, resources, and programs for individuals with TBIs and their families in New York. BIANYS also plays a role in the development of public policy in NY.

Contact information:

518-459-7911
<https://bianys.org/>



Help for children and adolescents

Front Door Program

Entrance to the OPWDD resources (Office for People with Developmental Disabilities)

Contact Information

Clinton County Front Door program
607-240-4900

<https://opwdd.ny.gov/get-started/front-door>

