Traumatic Brain Injury (TBI):

- can happen to anyone,
 anywhere, at any time.
- is a largely preventable tragedy.

155,000 concussions occur each year in Ontario.



Join our team!

- Apply to join the Steering Committee.
- Participate in a **Sub-Committee**.
- Become a Community Champion.
- Join us as a volunteer.
- Become a financial or 'in-kind' donor.



+Follow Us:

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Contact Us:

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> June is Brain Injury Awareness Month.



Traumatic Brain Injury awareness, prevention and enhanced support.

Why Heads Up! Durham?

Silent Epidemic: Almost a half a million people in Ontario are living with an Acquired Brain Injury (ABI).

More Common Than Most Think:

ABI is 15 times more common than spinal cord injury, 30 times more common than breast cancer and 400 times more common than HIV/AIDS. *Source: OBIA Impact Report, 2012*

ABI is the leading cause of death and disability for Canadians under the age of 45.

Source: OBIA

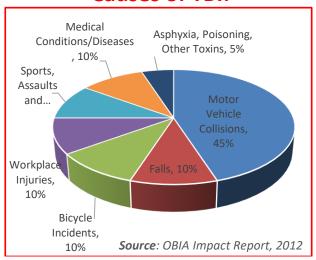
What is Traumatic Brain Injury (TBI)?

TBI is caused by a blow or jolt to the head or a penetrating head injury that disrupts the function of the brain.

What is a Concussion?

A type of TBI caused by a bump or blow to the head or hit to the body that causes the brain to move rapidly back and forth.

Causes of TBI:



Consequences of a TBI:

TBI has been linked to such areas as:

- Teen substance abuse and mental health
- Bullying and suicide
- Homelessness and Incarceration:

Almost 50% of homeless men had traumatic brain injury in their lifetime, vast majority before they lost their

homes. Source: St. Michael's Hospital, 2014

44% of provincial inmates reported a history of TBI. source: OBIA

Heads Up! Durham:

Vision: Durham Region: a community where traumatic brain injury awareness, prevention and support is evident in all aspects of our lives as we learn, work and play.

Mission: To weave traumatic brain injury awareness, prevention, policy and support into the fiber of Durham Region society through community action.

Goals:

- 1. To increase awareness of traumatic brain injury, and its widespread causes and effects, by disseminating information to all citizens in Durham Region society through a multitude of channels.
- 2. To promote the prevention of traumatic brain injury in all areas of society through enhanced communication, education, policy and enforcement.
- **3.** To **enhance the support** provided to Durham Region citizens.