

## Rehabilitation After Brain Injury

Our support workers will be able to assess whether the person with the brain injury would benefit from attending our brain injury rehabilitation day service, or our brain injury education and vocational programme. This will also provide a break (respite) for you as the carer.



## Psychotherapy Following Brain Injury

Psychotherapy helps to alleviate psychological distress following acquired brain injury. The psychotherapy offered by Headway Essex includes:

- Therapy with individuals
- Therapy for couples
- Psychosexual therapy

## Other Local Organisations

We may direct you to another agency or organisation to support you with your specific problem. We will be able to tell you which is the right one to go to and save you valuable time and stress involved in researching it yourself.

## Other leaflets in this series include:

- Have you had a brain injury?
- Understanding your brain.

## Contact Us - We Can Help You!

If you are unsure of what type of support you need and what may be available to you, or would just like to talk to someone who has an understanding of brain injury, please call us. There are Headway community support workers and support group meetings across Essex.

The Headway Essex Help Line is available for you to call 8.30am to 4.30pm Monday to Friday (except on public holidays). Messages can be left out of hours and will be responded to.

**YOU ARE NOT ALONE**  
**CALL HEADWAY NOW ON**  
**01206 768797**

Email: [communitysupport@headwayessex.org.uk](mailto:communitysupport@headwayessex.org.uk)

## Headway Essex



Community Support Service  
58b Head Street  
Colchester  
Essex, CO1 1PB



Registered Charity Number: 1008807 Patron: David Tennant  
Company Limited by Guarantee Registered in  
England & Wales No. 2674755  
Registered Office: The Headway Centre, 2 Boxted Road,  
Mile End, Colchester, Essex CO4 5JD  
Affiliated to Headway - The Brain Injury Association

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# Headway Essex

Improving Life After Brain Injury

**Has someone  
you know had a  
brain injury?**



## Donate to Headway Essex

To donate £5 to Headway Essex text:

**HEAD12 £5 to 70070**

or visit

**[www.headwayessex.org.uk](http://www.headwayessex.org.uk)**

**Piecing lives back together**

You may have picked this leaflet up from a hospital ward, doctor's surgery or have been handed it by a friend or health professional. If so, this is likely to be because a relative or friend of yours has suffered an acquired brain injury. This may be something that has just happened or it may be something that happened many years ago.

The brain injury may have been caused by trauma; something as simple as a domestic fall or a bang on the head, to major trauma such as a road collision or assault. Or it may have been caused by non-traumatic injuries such as a tumour, infection or a bleed or blood clot to the brain (stroke). The person may look the same but is behaving very differently, or they may have physical disabilities.

The effects of the injury can mean a long recovery process and they can sometimes be permanent and life changing.

As someone reading this leaflet you may be a husband, wife, partner, parent, sibling or friend. You still have this role but now you may find yourself with an additional role caring for a loved one. This may make life very different for you and sometimes difficult to cope with.

***"To have regular support group meetings and someone at the end of the phone during these last 2 years has made me feel I can cope emotionally and reduced the stress and strain which myself and my family have found ourselves under." - Carer.***

You might need help in dealing with a range of emotions you find yourself experiencing, or just want to understand more about brain injury, its effects and the specialist support available, or simply to talk to someone who understands exactly what you are going through. We are here to help you, just call us.



### How can Headway Essex Help?

We are here to listen, help and support you, at any stage from the hospital bedside to many years down the line. We can help in a number of ways:

### Brain Injury Support and Advice Help-Line

Our help-line can provide a listening ear, an immediate response to a cry for help and a true understanding of the issues you face. Just call us.

### Community Support Team

When you contact us you will have access to the community support team who are experienced in the effects and impact of brain injury. They can provide you with direct emotional and practical support.

### Finances

The person who suffered the brain injury might have contributed to the household income. Headway can help you to find out what benefits you and the person you care for are entitled to. We can also advise where to access support if you are trying to balance a job and caring for someone.

### Literature and Information

We can provide you with information and numerous publications on all aspects of brain injury and topics surrounding brain injury.

### Brain Injury Education Workshops

Our workshops will teach you about how the brain works and help you to understand the effects of brain injury and the reasons why someone may now appear to be acting differently. The sessions will allow you to explore various strategies to help manage the effects of the brain injury. This helps to ensure that both the person with the injury can make the best possible recovery and you as a carer, friend or family member feel informed and supported.

### Support Group Meetings

We provide carers only support group meetings in addition to meetings that you can attend with the person you are caring for. Attending one of our support groups will provide the opportunity to talk to others in similar situations, to share information and to hear from experts in the field of brain injury rehabilitation, as well as updates and relevant information on many other topics. Our support group meetings are held in various locations across Essex.



## EVERY 58 MINUTES

someone in Essex is admitted to hospital with an Acquired Brain Injury (ABI)

