

## **What is a Brain Injury Support Group and Why Should I Attend?**

A support group is a group of people with common experiences and concerns who meet regularly to provide each other with emotional and practical support. Brain injury support groups may be led by survivors, family members, or professionals.

Brain Injury Support Groups Bring Together People To:

- Share experiences
- Encourage and educate one another
- Share resources, strategies and coping skills
- Help reduce anxiety
- Offer group interaction
- Reduce isolation
- Create a safe space to talk about common concerns

Research Shows that Support Groups Provide Survivors & Family Members:

- **Increased knowledge** of brain injury and community resources
- **Improved coping skills**, including dealing with feelings of:
  - Sadness
  - Depression
  - Anger
  - Anxiety
- **Enhanced quality of life**, including:
  - A more positive general outlook
  - Reduced feelings of isolation
  - A greater sense of control over their lives
- **Improved communication** with professionals

*For more information about brain injury support groups in Maine, visit [www.biausa.org/maine](http://www.biausa.org/maine) or call (800) 444-6443*