

Brain Injury Guides Media Backgrounder

The Guides:

Understanding Brain Injury in Adolescence, is designed for the adult in a young person's life (parent, a coach, a teacher, etc.) This guide helps the reader understand: what a concussion is, what its signs and symptoms are, what needs to be done to help prevent concussions, what must be done if a concussion is suspected and what should be done if a young person sustains a traumatic brain injury.

Brain Injury Guide for Youth, is designed for youth. Written with the assistance of the Sun Life Chair's Youth Advisory Committee, this Guide provides teens with the best available information about concussions, how to try and prevent them, what to do if they occur and how they can be helped if they receive one.

Supporting Organizations:

Supporting and endorsing organizations include: Baseball Canada, stopconcussions.com, ThinkFirst, Freestyle Ski Canada, Athletes Canada, Canadian Lacrosse Association, Brain Injury Association of Canada, Canadian Centre for Ethics in Sport, Sunnybrook Hospital, Children's Mental Health Ontario, Clinical Medicine Research Group, Ontario Shore Centre for Mental Health Sciences, True Sport, Sandbox Project, BrainFit Lab, Kids Help Phone, Play Safe Initiative, Sport Nova Scotia, Doctors Nova Scotia, Brain Injury Association of Nova Scotia, IWK Health Centre, Brain Repair Centre, Football New Brunswick and the Maritime Football League.

How to Get the Guides:

Download the guides for free

<http://www.ontarioshores.ca/education/highschoolandelementary/>

Purchase bound copies

Youth Guide

<https://www.createpace.com/3852760>

Adult Guide:

<https://www.createpace.com/3852855>

About TeenMentalHealth.org

TeenMentalHealth.org is the knowledge translation vehicle of the Sun Life Financial Chair in Adolescent Mental Health research team. This endowed academic chair is a partnership between the IWK Health Centre and Dalhousie University. The Chair is held by Dr. Stan Kutcher, an internationally-renowned expert in the area of adolescent mental health and a national and international leader in mental health research, advocacy, training, policy and health service innovation. He is an active speaker, reviewer and technical consultant in psychiatry and mental health, working around the world and with various international groups such as Pan American Health Organization and the World Health Organization.

The Chair team is responsible for mental health research; developing, disseminating and evaluating mental health resources, programs and training services for youth, educators and other related stakeholders; and implementing innovative strategies and new approaches to improve youth mental health through inter-sectoral cooperation and coordination. To find out more about our programs, visit www.teenmentalhealth.org

About Ontario Shores Centre for Mental Health Sciences (Ontario Shores)

Ontario Shores is a leader in mental health care, providing a spectrum of specialized assessment and treatment services for people living with complex mental illness. Patients benefit from a recovery-oriented environment of care, built on compassion, inspiration and hope. Ontario Shores engages in research, education and advocacy initiatives to advance the mental health care system.

About stopconcussions.com

stopconcussions.com is an online concussion/neurotrauma educational and awareness hub for all sports, to address the growing trend of concussions in sports. It is a portal that players, parents, coaches, and officials can visit to seek information regarding concussions, with the goal of becoming more aware and ultimately safer individuals in their respective sports. stopconcussions.com will have sport specific programs to help change the mindset of the sport, not the game.