

Isolation and Brain Injury

You are not alone!

- Isolation and feelings of loneliness are common for those living with a brain injury
- Isolation is a state of being cut off from normal social networks, which can be triggered by factors such as a loss of mobility, unemployment, or health issues⁽¹⁾
- Isolation is also related to feelings of depression and anxiety
- With the recent COVID-19 recommendations to social distance and self-isolate, it may be even more challenging for individuals living with brain injury to feel connected and can amplify feelings of isolation and loneliness

OBIA is Here for You



OBIA is committed to staying connected with our community of individuals with a brain injury, caregivers and professionals. Here are ways you can connect with us:



Helpline: 1-800-263-5404

Use our helpline to receive more information about brain injury, brain injury services, or to chat with a friendly voice during uncertain times



Email: support@obia.on.ca

Email us with any questions or concerns you have about brain injury or find us on Facebook and connect with us through the Messenger chat



Online Concussion Support Group:

Be a part of a community of individuals living with brain injury and sharing similar experiences

Register at: <http://obia.ca/online-concussion-support-group/>



Peer Support Program:

A program that offers peer support to ABI individuals and caregivers

For more information, call our Helpline or email: peersupport@obia.on.ca

Helpline

1-800-263-5404

Calls answered Mon-Fri, 9:30am - 4:00pm EST*

*revised hours effective March 23/20



Staying Connected During COVID-19

Social distancing is an important measure to help reduce the spread of COVID-19. Here are some ways we can stay connected with one another:



Video Chat:

Connect face-to-face through an online video chatting platform. Use: Zoom, Google Hangouts, FaceTime, Skype or Facebook Messenger



Phone, Text or Social Media:

Pick up the phone and chat with family and friends. WhatsApp allows for free calls and texting with a wifi connection.



Email:

Send an email to family and friends to let them know how you are doing. Get in touch with organizations to see what services they are offering.



Online Support Groups:

Get involved with an online support group to be a part of a community of individuals sharing similar experiences.