

Resources to support you on discharge from hospital after a brain injury

Below is a list of online resources that have been known to be helpful for people who have had a brain injury, as well as their relatives and friends.

If you have any specific questions about your condition please contact your GP.



Headway – www.headway.org.uk

Headway is a UK-wide charity that works to improve life after brain injury. Their website has information about brain injury and they have support groups across the UK. You can find your nearest branch on their website.



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Brain and Spine Foundation – www.brainandspine.org.uk

The Brain and Spine Foundation website has booklets and factsheets for over 600 neurological conditions. They also have a helpline for advice.



SCAN ME



Head Injury Information Directory – www.hiid.org.uk

This is an online resource with information about services for people with brain injury across Scotland. They also hold in person events each year.



SCAN ME



Head Injury Symptoms – www.headinjurysymptoms.org

This website has information mild head injury, concussion and mild traumatic brain injury. It also contains many practical tips and tools to help with brain injury recovery.



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Health in Mind – www.health-in-mind.org.uk

This is a mental health charity that provides one-to-one and group support, both online and in-person.



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Drinkaware – www.drinkaware.co.uk

Drinkaware aims to reduce alcohol-related harm by helping people to change their relationship with alcohol.



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Victim Support Scotland – www.victimsupport.scot

Victim Support Scotland provides information, practical help, emotional support and guidance for victims of crime, witnesses and family members.



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Women's Aid – www.womensaid.org.uk

Women's Aid works to support women who are in, or have been in, abusive relationships.



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