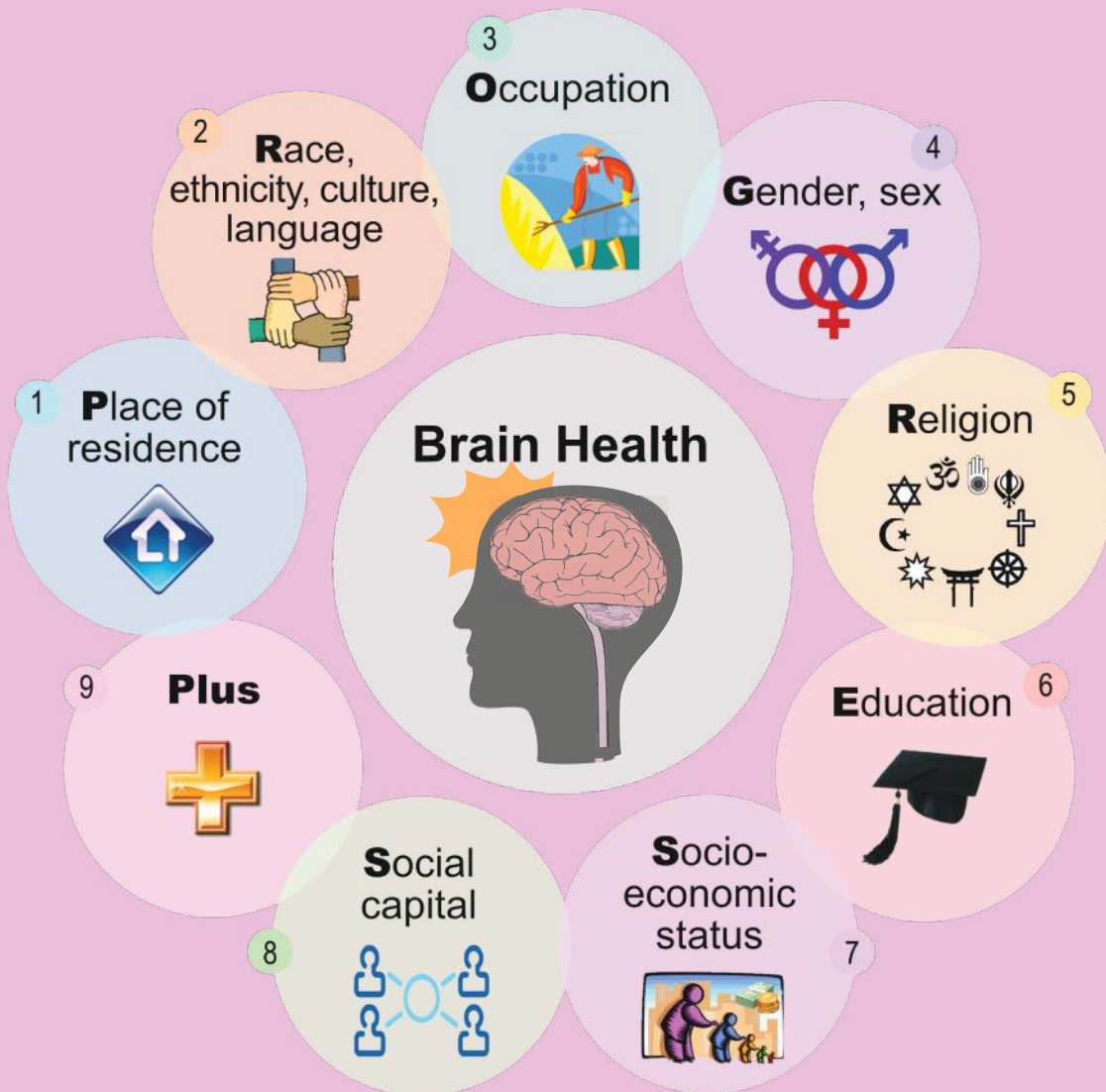


# PROGRESS IN TRAUMATIC BRAIN INJURY

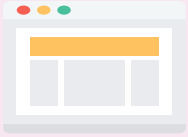


**Finding resources to  
support recovery and care**

October 2025 Version



# What supports are available after a traumatic brain injury?



The need for information on navigating resource directories emerged from conversations with many people with brain injury, their families, clinicians, researchers, and community organizations.

One of the priorities that emerged from these conversations was promoting existing resources within the Brain Injury Canada service directory.

We created walkthrough videos on different topics in English and French for visitors of the Brain Injury Canada website to find needed resources.

English

Website  
overview



Overview of  
resources



Service  
directory



Training for  
professionals



Brain injury  
and teens



Français

Aperçu du  
site web



Aperçu des  
ressources



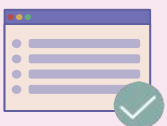
Répertoire  
de services



Formation pour  
professionnels



Ressources  
pour ados



To facilitate access to resources for different knowledge user groups, we compiled directories with links to:

1. Education and Training
2. Wellness Support and Services

The links can be accessed through Brain Injury Canada and the Abused and Brain Injured Toolkit websites. These resources are continuously updated for the knowledge user groups depicted below:



Person with TBI



Caregiver/family member/friend























































Healthcare professional



Staff/leader in TBI organization

# 1. Directory for Education and Training

Resource type	Link	Best suitable for
 <b>E-courses</b>		
Foundational E-courses		
For caregivers (free of charge)	<a href="https://braininjurycanada.ca/en/caregiver/resources/courses/">https://braininjurycanada.ca/en/caregiver/resources/courses/</a>	
For healthcare professionals (\$65+HST)	<a href="https://braininjurycanada.ca/en/professionals/education-skills-training/foundations-course/">https://braininjurycanada.ca/en/professionals/education-skills-training/foundations-course/</a>	
For service providers on brain injury and intimate partner violence	<a href="https://www.abitoolkit.ca/resource-library/service-provider-resources/">https://www.abitoolkit.ca/resource-library/service-provider-resources/</a>	 
External courses endorsed by Brain Injury Canada	<a href="https://braininjurycanada.ca/en/professionals/education-skills-training/">https://braininjurycanada.ca/en/professionals/education-skills-training/</a>	   
Training on injury prevention	<a href="https://courses.parachute.ca/home">https://courses.parachute.ca/home</a>	   
 <b>Infographics, brochures, and fact sheets</b>		
About brain injury and its effects	<a href="https://braininjurycanada.ca/en/infographics/brain-injury/">https://braininjurycanada.ca/en/infographics/brain-injury/</a> <a href="https://www.abitoolkit.ca/resource-library/downloadable-information-sheets/">https://www.abitoolkit.ca/resource-library/downloadable-information-sheets/</a> <a href="https://www.abitoolkit.ca/traumatic-brain-injury/brain-injury-basics/">https://www.abitoolkit.ca/traumatic-brain-injury/brain-injury-basics/</a> <a href="https://www.abitoolkit.ca/supporting-survivors/support-strategies/difficulties-to-consider/">https://www.abitoolkit.ca/supporting-survivors/support-strategies/difficulties-to-consider/</a>	        
About concussion and its effects	<a href="https://braininjurycanada.ca/en/infographics/concussion-infographics/">https://braininjurycanada.ca/en/infographics/concussion-infographics/</a>	 
Brain injury intersections with other adversities	<a href="https://braininjurycanada.ca/en/infographics/intersections/">https://braininjurycanada.ca/en/infographics/intersections/</a> <a href="https://www.abitoolkit.ca/resource-library/downloadable-information-sheets/abi-toolkit-infographics/">https://www.abitoolkit.ca/resource-library/downloadable-information-sheets/abi-toolkit-infographics/</a> <a href="https://www.abitoolkit.ca/traumatic-brain-injury/sex-gender-and-tbi/">https://www.abitoolkit.ca/traumatic-brain-injury/sex-gender-and-tbi/</a> <a href="https://www.abitoolkit.ca/supporting-survivors/screening-for-brain-injury/">https://www.abitoolkit.ca/supporting-survivors/screening-for-brain-injury/</a>	             
 <b>Patient stories and lived experience</b>		
Patient and caregiver perspectives	<a href="https://braininjurycanada.ca/en/stories/">https://braininjurycanada.ca/en/stories/</a> <a href="https://www.abitoolkit.ca/survivor-experience/">https://www.abitoolkit.ca/survivor-experience/</a> <a href="https://www.youtube.com/playlist?list=PLjZUahSLDfDzI3E7qYi8pUSS6yeeupip1">https://www.youtube.com/playlist?list=PLjZUahSLDfDzI3E7qYi8pUSS6yeeupip1</a>	           



Person with TBI



Caregiver/family member/friend




































Staff/leader in TBI organization



Healthcare professional

## 2. Directory for Wellness Support and Services

Resource type	Link	Best suitable for
 <b>Directory of services and digital communication</b>		
Helplines and crisis support	<a href="https://braininjurycanada.ca/en/resources/helplines-crisis-support/">https://braininjurycanada.ca/en/resources/helplines-crisis-support/</a>	
Information about different types of healthcare providers	<a href="https://www.abitoolkit.ca/supporting-survivors/where-to-refer/">https://www.abitoolkit.ca/supporting-survivors/where-to-refer/</a>	  
Directories to brain injury, mental health, legal, and financial support services across Canada	<a href="https://www.abitoolkit.ca/resource-library/local-brain-injury-services">https://www.abitoolkit.ca/resource-library/local-brain-injury-services</a>	 
	<a href="https://www.abitoolkit.ca/resource-library/mental-health-">https://www.abitoolkit.ca/resource-library/mental-health-</a>	 
	<a href="https://braininjurycanadaconnect.ca/resources/health-">https://braininjurycanadaconnect.ca/resources/health-</a>	 
	<a href="https://www.abitoolkit.ca/resource-library/survivor-">https://www.abitoolkit.ca/resource-library/survivor-</a>	 
Apps that support mental health and daily living	<a href="https://braininjurycanada.ca/en/mental-health/mental-health-apps/">https://braininjurycanada.ca/en/mental-health/mental-health-apps/</a>	
 <b>Useful tips and suggestions</b>		
Supporting a person's mental health after brain injury	<a href="https://braininjurycanada.ca/en/caregiver/living-brain-injury/mental-health-brain-injury-survivors/support/">https://braininjurycanada.ca/en/caregiver/living-brain-injury/mental-health-brain-injury-survivors/support/</a>	
Coping with grief as a caregiver	<a href="https://braininjurycanada.ca/en/caregiver/mental-health-caregiver/grief/">https://braininjurycanada.ca/en/caregiver/mental-health-caregiver/grief/</a>	
Information for teens with brain injury	<a href="https://britecanada.ca">https://britecanada.ca</a>	
Strategies for communication success	<a href="https://www.abitoolkit.ca/supporting-survivors/communication-after-brain-injury/strategies-tips-support-communication-success/">https://www.abitoolkit.ca/supporting-survivors/communication-after-brain-injury/strategies-tips-support-communication-success/</a>	   
	<a href="https://www.abitoolkit.ca/supporting-survivors/communication-after-brain-injury/case-studies/">https://www.abitoolkit.ca/supporting-survivors/communication-after-brain-injury/case-studies/</a>	 
	<a href="https://www.abitoolkit.ca/supporting-survivors/support-strategies/three-minute-solutions/">https://www.abitoolkit.ca/supporting-survivors/support-strategies/three-minute-solutions/</a>	  
Newsletter for news, personal stories, events, and resources	<a href="https://braininjurycanada.ca/en/newsletter/">https://braininjurycanada.ca/en/newsletter/</a>	 
 <b>Employment support</b>		
Vocational rehabilitation and employment support directory	<a href="https://braininjurycanadaconnect.ca/services/vocational-rehabilitation-employment-supports/">https://braininjurycanadaconnect.ca/services/vocational-rehabilitation-employment-supports/</a>	
	<a href="https://www.abitoolkit.ca/resource-library/employment-specific-resources/">https://www.abitoolkit.ca/resource-library/employment-specific-resources/</a>	
Returning to work guidebook	<a href="https://braininjurycanada.ca/en/return-work-activities/returning-work-guidebook/">https://braininjurycanada.ca/en/return-work-activities/returning-work-guidebook/</a>	



Person with TBI



Caregiver/family member/friend



Staff/leader in TBI



Healthcare professional

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Canada Research  
Chairs

Chaires de recherche  
du Canada

Canada

## Creators

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The results can be accessed here:  
<https://cihr-irsc.gc.ca/e/53698.html>

The material was developed by members of the BRIDGE Lab at KITE Toronto Rehabilitation Institute, University Health Network: Noshin Haque, Christel Costa Tiago, Mursal Jahed, Thaisa Tylinski Sant'Ana, Urooba Shaikh, and Dr. Tatyana Mollayeva.



## Disclosure

This material should be used for educational purposes only. It is meant as a source of information for people with traumatic brain injury and their circles of care.

UHN strives to use inclusive language in all resources. We recognize there are limits to applying inclusive language when using existing source materials. As language continues to change in health research, we will reassess and update our content.

## Additional Resources

Resource	Website
Acquired Brain Injury Lab	<a href="http://www.abiresearch.utoronto.ca/">www.abiresearch.utoronto.ca/</a>
Centers for Disease Control and Prevention	<a href="http://www.cdc.gov/traumaticbraininjury/">www.cdc.gov/traumaticbraininjury/</a>
Love Your Brain	<a href="http://www.loveyourbrain.com/education-advocacy">www.loveyourbrain.com/education-advocacy</a>
Model Systems Knowledge Translation Center	<a href="http://www.msktc.org/about-model-systems/TBI">www.msktc.org/about-model-systems/TBI</a>
Ontario Brain Injury Association	<a href="http://www.obia.ca/">www.obia.ca/</a>