**Survivors**

A brain injury can be an overwhelming experience for survivors and family members. Even though every brain injury is uniquely different, the information and resources available on these pages should provide the foundation for better understanding and coping with the condition.

Family Helpline: 800-444-6443

***Living with Brain Injury* booklet**

A brief and basic guide to dealing with brain injury – for survivors, families, caregivers, and friends – is available at no cost by either **downloading the PDF** or requesting a mailed copy from the BIAMI.

**Support**

After a brain injury, new and often confusing issues may arise. Can I return to school or work and if so, when? How will the brain injury affect my family relationships, including the physical, behavioral, emotional, and financial concerns? What kind of future can I expect?

Our Information & Referral Specialists are available to help guide individuals and their families through difficult situations. And they’ll provide, or guide you to, the information, resources, advocacy, and other types of support most helpful. This service of the BIAMI is free and referrals are welcome.

The **Information and Resource Center** (I & R) section of this website also provides helpful information about brain injury, especially for Michigan residents. Content includes detailed information about the mechanism of brain injury; its effects on the family; its physical, cognitive, behavioral, and emotional impact on the individual; child and adolescent injuries; specialized services; and practical suggestions for living with a brain injury.

Life after brain injury can be challenging for the individual as well as his or her family and friends.  Our role is to help you find the answers you need to learn more, make informed decisions, and achieve the highest quality of life possible.

**Support Groups and Chapters**

The Brain Injury Association of Michigan may suggest you talk with one of our support groups throughout Michigan. Support groups enable individuals to share concerns and exchange ideas in a confidential and supportive atmosphere, where both positive and negative views can be expressed without being judged. Remember, you are not alone, which is why support groups provide:

• Hope
• Information
• Friendship
• Sharing
• Problem-solving
• Personal growth
• Self-advocacy

The BIAMI organizes 20 chapters and support groups that meet monthly, with membership ranging from 50 to 125 each. Contact information on support group activities is available below. You may want to contact several groups to find the one that best meets your needs and is most convenient. In general, support groups allow people with brain injuries and their families to connect with others in similar situations, gain valuable emotional support and friendship, and hear speakers discuss a variety of brain injury-related topics.

**Search for support groups**
[Complete list of support groups.](http://www.biami.org/sglist)

No support group nearby? Click **here** to sign up for a group in your area when we recruit enough potential members!

**Provider Directory**

Michigan has more service providers for brain injury than any other state – a direct result of our pioneering adoption of auto no-fault insurance. From medical and legal practitioners to rehabilitation, therapeutic, communication-based services, adaptive construction, transportation service, and others, the providers listed in our directory can have a hugely helpful impact on the lives of survivors and family members. Check out the directory today!

**Michigan Resource Guide**

[**http://www.michigan.gov/documents/mdch/Michigan\_Resource\_Guide\_V3\_201402\_7.pdf**](http://www.michigan.gov/documents/mdch/Michigan_Resource_Guide_V3_201402_7.pdf)

A comprehensive listing of state and community resources, agencies, and services, the Michigan Resource Guide is an invaluable aid for individuals and families dealing with traumatic brain injury and related disorders. You can download it at no cost at the link above.

**Michigan Department of Health and Human Services resources for TBI survivors**

[http://www.michigan.gov/mdhhs/0,5885,7-339-71550\_2941\_4868\_42176---,00.html](http://www.michigan.gov/mdhhs/0%2C5885%2C7-339-71550_2941_4868_42176---%2C00.html)

Stories and brain injury resources

<https://www.lapublishing.com/blog/category/tbi-symptoms-recovery/tbi-legal-help/>

**Need more?**

Explore our **Resources** tab for additional information and helpful links.

**The TBI Survivor Experience**

Whether you have a TBI, know someone who does, or just want to learn more, first-person stories are especially helpful. A selection follows, but we encourage TBI survivors to write your own and send them to us at info@biami.org.

A medical resident and Army officer recount their experiences with brain injury

<https://www.cdc.gov/traumaticbraininjury/tbi_stories.html>

A large selection of survivor stories conveniently arranged on a single website

<http://www.braininjurypeervisitor.org/index.php?p=1_11_survivor-stories>

Personal stories and blogs by people with TBI

<https://www.brainline.org/people-tbi/personal-stories-blogs-people-tbi>

First-Person Brain Injury Stories

<https://braininjurystories.org/>

More personal stories from a British brain injury website

<https://www.headway.org.uk/about-brain-injury/individuals/my-story/>

Stories and videos from brain injury survivors

<http://www.hopeafterheadinjury.com/survivor-stories>

First-person stories and additional resources

<http://www.trymunity.com/about-us/>

A severely injured survivor returns to his former career

<http://www.newsworks.org/index.php/local/the-pulse/63011-im-the-same-guy-severe-brain-injury-the-long-road-back-and-the-science-that-made-it-possible>

Q-and-A with a neuropsychologist who suffered a brain injury

<https://www.voanews.com/a/how-to-survive-traumatic-brain-injury-one-womans-story/1945059.html>

NY Giants Hall of Fame Linebacker – and brain injury survivor -- Harry Carson’s website; includes copies of his book for sale

<http://harrycarson.com/>

Links to BIAMI survivor stories and videos [TBD]

**Legal Resources**

The BIAMI does not recommend or endorse attorneys or law firms, although we do provide links to BIAMI member firms and lawyers in our **Provider Directory**. That said, survivors have found the information and resources on the following law firms’ websites and blogs especially helpful.

Sinas Dramis Law Firm resource page

<https://sinasdramis.com/free-michigan-law-literature>

Michigan Auto Law

<http://www.michiganautolaw.com/>

Siporin and Associates resource links

<http://www.siporinassociates.com/professional-resources>

**Advocacy**

**Make Your Survivor’s Voice Heard**

Brain injury survivors are a vocal contingent! And when the voices of survivors and family members join with the BIAMI, the result is a powerful and compelling force in state government and even at the federal level. How can you make your voice heard and stay on top of issues and legislation affecting the brain injury community? Join the BIAMI (free for survivors), sign up for our legislative updates, and learn how to lobby your state and federal senators and representatives. [**need link for congressional directories]**

**For survivor self-advocacy**

<https://www.brainline.org/topic/advocacy>