

**Rest and time will help,  
but you might need  
extra care, especially  
if your head has been  
hurt more than once.**

**If you have been hit in the head and haven't recovered, this is referred to as a brain injury, an acquired brain injury (ABI), or a traumatic brain injury (TBI).**

About brain injuries:

- Brain injury is very common.
- Some brain injuries can be slow to develop, and you might not notice what is happening to you.
- Some brain injuries can get worse over time.
- Multiple brain injuries can be very harmful.
- There are things we can do to help you.

**You don't have to have any bruises, swelling or obvious signs of damage on the outside of your body for your brain to be hurt**

We know that Aboriginal women experience very high rates of head injury due to assault.

**PLEASE TELL US  
IMMEDIATELY IF YOU  
THINK YOU MAY HAVE  
A BRAIN INJURY**

Note: the term 'Aboriginal' is inclusive of Torres Strait Islanders living in our communities.

## ABOUT US

EMH is proudly an Aboriginal community-controlled organisation.

We work in consultation with our community in all aspects of our services.

Central to our work is the aim to provide advocacy and support for the empowerment of Aboriginal women.

We provide victim survivor support to all women including Sistagirls, trans women and anyone who identifies as non-binary.

We place the rights of you and any child to be safe from violence at the top of our priorities.



**ELIZABETH MORGAN HOUSE  
ABORIGINAL WOMENS' SERVICES INC.**

P: (03) 9403 9400 F: (03) 9482 5733  
PO Box 167, Fairfield, Victoria 3078  
[www.emhaws.org.au](http://www.emhaws.org.au)

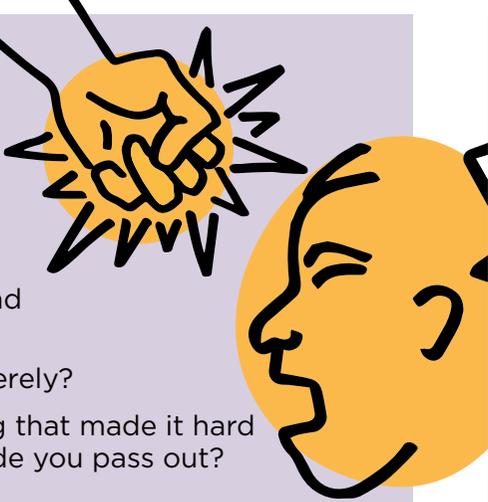
EMH acknowledges that we are located on the traditional lands of the Wurundjeri People.

Has  
your  
head  
been  
hurt?

**This can affect your life  
in many different ways**

## HAS SOMEONE:

- Hit you in the head or face?
- Tried to choke, strangle or smother you?
- Made you fall and hit your head?
- Shaken you severely?
- Done something that made it hard to breathe or made you pass out?



## WERE YOU CHOKED, STRANGLERD OR SMOTHERED?

This can be a terrifying experience and very dangerous. Even if you don't have any marks, serious injuries can happen under the skin. It can get worse over the next few days, cause long term damage and even death.



# IF YOU SAID YES TO ANY OF THESE, You might have an acquired brain injury...

Talk to your EMH case manager or ask to speak to someone about this.

## WHAT NEXT?

As soon as possible after a head injury:

- See a doctor and tell them you have been hurt in the head or choked, especially if you have ANY worrying symptoms, or someone you trust tells you they are concerned.
- Stay with someone safe for 24 -72 hours and watch out for danger signs and red flags.

We care about your safety.

People who put their hands around their partners neck are very dangerous, and are much more likely to seriously harm or kill you.

We are here to help you and work with you. Talk to us about safety planning.



## ARE YOU HAVING PHYSICAL PROBLEMS?

- Headaches?
- Feeling tired, dazed, confused or in a fog?
- Changes in your vision?
- Ringing in your ears?
- Dizziness and problems with your balance?
- Pain in your head, face or neck?



## See your doctor immediately if:

- You have a hard time breathing.
- It's painful to breathe.
- You have trouble swallowing.
- Your voice changes.
- You have problems speaking.

## DANGER SIGNS/RED FLAGS

- A headache that doesn't go away or gets worse.
- One pupil (eye) is larger than the other.
- No memory of what happened.
- Extreme drowsiness or trouble waking up.
- Slurred speech, vision problems, numbness, or decreased coordination.
- Repeated vomiting or nausea, or shaking or twitching.
- Unusual behaviour, confusion, feeling restless or agitated.
- You peed or pooped unintentionally.
- You were knocked out, passed out or lost consciousness.

## ARE YOU HAVING TROUBLE...

- Concentrating or paying attention?
- Making plans?
- Remembering things or keeping things organised?
- Getting things done?
- Finding words or following conversations?

