Please see below the official posts for Brain Injury Awareness Month (BIAM) from the Defense and Veterans Brain Injury Center (DVBI) and the A Head for the Future initiative. Thanks for sharing our BIAM messages and encouraging service members, veterans, their families and healthcare providers to join our “Think Ahead” hashtag campaign and learn how to prevent, recognize and recover from traumatic brain injury (TBI).

**Facebook Messages**
Throughout the month of March and all year long, the @U.S. Department of Defense supports brain injury awareness. Download a #BIAmont hashtag card and upload your inspirational message for service members and veterans with #TBI. [LINK to Defense Media Activity flash page]

Since 2000, more than 350,000+ service members were diagnosed with a traumatic brain injury. Support #BIAmont and our military community by joining the #ThinkAhead hashtag campaign. [LINK to A Head for the Future Brain Injury Awareness Month blog]

Line leaders, service members and veterans: Learn the basics of #TBI and when to get checked out during #BIAmont. http://dvbic.dcoe.mil/aheadforthefuture/recognize #ThinkAhead [Graphic 1]

DYK concussions are the most common form of TBI in the military and they are often undiagnosed? @DVIBIC - Defense and Veterans Brain Injury can help you recognize the symptoms of a mild TBI during #BIAmont. https://dvbic.dcoe.mil/material/signs-symptoms-fact-sheet-english #ThinkAhead [Graphic 2]

@U.S. Navy SEAL Brain O'Rourke's wife noticed his symptoms of insomnia, irritability and anxiety. Her awareness helped lead to his #TBI diagnosis. Share his inspirational story of recovery throughout #BIAmont. http://dvbic.dcoe.mil/aheadforthefuture/blog/tbi-diagnosis-helped-save-family #ThinkAhead [Graphic 4]

After an incident such as a fall, motor vehicle collision, or sports-related injury, medical personnel look for signs of a TBI. Learn how service members are screened for possible brain injuries with @Military Health. [LINK]

Looking for #TBI resources? @DVIBIC - Defense and Veterans Brain Injury Center supports a network of 18 centers operating out of 13 military hospitals and clinics, and five @U.S. Department of Veterans Affairs medical centers – check out the map to find a location near you! [LINK]

@U.S. Army veteran Randy Gross uses his previous experiences with brain injury to help connect with service members and show them that recovery is possible. [LINK]

#ThinkAhead with @A Head for the Future for #TBI prevention resources during #BIAmont. [LINK]

MYTH: #TBI only affects individual service members, not the unit. FACT: #TBI affects a unit’s readiness and retention. Stay mission ready and prevent #TBI in garrison with tips from @A Head for the Future. [LINK]

Maj. Eve Baker, @U.S. Marine Corps reservist, shares why it’s important to manage your risk for head trauma. She reminds our military families to always wear a helmet during military training or appropriate recreational activities (skiing, bicycling, motorcycle riding, etc.). [LINK]

@Warrior Care highlights new initiative to improve #TBI awareness within the services. [LINK]

#ThinkAhead
Twitter

@DeptOfDefense continues commitment to #TBI awareness during #BIAmouth. Learn more: (URL pending) #ThinkAhead
[LINK to Defense Media Activity flash page]

Support #BIAmouth. Since 2000, 350,000+ service members were diagnosed with #TBI: (URL pending)
[LINK to A Head for the Future Brain Injury Awareness Month blog] #ThinkAhead

Service members and #veterans: Learn the basics of #TBI during #BIAmouth:
http://dvbic.dcoe.mil/aheadforthefuture/recognize. #ThinkAhead

DYK concussions often go undiagnosed? #DVBIC can help you recognize the symptoms:
https://dvbic.dcoe.mil/material/signs-symptoms-fact-sheet-english #BIAmouth #ThinkAhead

@USNavy SEAL received #TBI care after his wife noticed symptoms. Share his story during
#BIAmouth:
http://dvbic.dcoe.mil/aheadforthefuture/blog/tbi-diagnosis-helped-save-family
#ThinkAhead

@MilitaryHealth explains how service members are screened for possible #TBIs:
http://www.health.mil/Military-Health-Topics/Conditions-and-Treatments/Physical-Disability/Traumatic-Brain-Injury/TBI-Screening #BIAmouth #ThinkAhead

#DVBIC Recovery Support Program helps the military community with #TBI resources. Learn more:
http://dvbic.dcoe.mil/tbi-recovery-support-program #BIAmouth #ThinkAhead

Discover how a @U.S. Army veteran who recovered from #TBI helps fellow service members:

Reason #1 to guard against #TBI: Your fellow warriors and family depend on you. Follow
@AHFTF_Page for tips to protect your head.

FACT: The majority of military #TBIs are diagnosed in noncombat settings. Learn more:
http://dvbic.dcoe.mil/about/tbi-military #BIAmouth #ThinkAhead

Know the symptoms of concussion with this #DVBIC fact sheet:
https://dvbic.dcoe.mil/files/resources/DVBIC_SS_Mild-TBI_FactSheet_2015-09-23_English.pdf #BIAmouth #ThinkAhead

Maj. Eve Baker, @USMC reservist, reminds our military family to #ThinkAhead and wear a helmet.
http://dvbic.dcoe.mil/aheadforthefuture/blog/marine-cyclist-recover-following-doctor-s-advice
#BIAmouth

@WarriorCare highlights new @MilitaryHealth initiative to increase #TBI awareness in #DoD:
BRAIN INJURY AWARENESS MONTH

Social Graphics

Graphic #1

Graphic #2

Graphic #3

Graphic #4

Graphic #5

Graphic #6

Graphic #7

Graphic #8
Social Media Covers

Official Brain Injury Awareness Month Cover

Service Members, Caregivers and Families Brain Injury Awareness Month Cover

Veterans and Providers Brain Injury Awareness Month Cover

Service Members and Veterans Brain Injury Awareness Month Cover