Mental health symptoms are common after a concussion in young people



In one study, 49% of pediatric patients reported at least one mental health symptom following a concussion.1

Healthcare providers can screen patients using validated tools (such as the Mood and Feelings Questionnaire) for mental health symptoms following a concussion.²



Mental health problems may appear later in recovery and may not be noticeable at first. **Symptoms may include:**







sadness



depression



irritability

anger

mood swings

A review of several studies found that among children and adults, concussion is associated with an increased risk of self-harming behaviors compared with those without such diagnosis.3

What you can do:

- Let patients know that changes in feelings and Ask patients to contact their healthcare emotions are common after a concussion, but support and treatments are available to help.
- ✓ Encourage patients to stay connected to friends and loved ones during recovery and discuss their feelings.
- provider if emotional symptoms worsen or are difficult to manage.
- ✓ Refer patients whose mental health symptoms do not resolve as expected with standard care to a mental health specialist.

References:

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- 3. Fralick, M., Sy, E., Hassan, A., Burke, M. J., Mostofsky, E., & Karsies, T. (2019). Association of concussion with the risk of suicide: A systematic review and meta-analysis. JAMA Neurology, 76(2), 144-151. doi:10.1001/jamaneurol.2018.3487.



