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

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

- sadness
- depression
- anxiety
- 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 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.

✔ Ask patients to contact their healthcare 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:

