

## We're here to help.

In collaboration with CLF ambassadors Doug Guyer ('83) and Steve Strachan ('85), the CLF HelpLine supports Boston College Alumni navigating the outcomes of brain trauma. If you are interested in support for yourself or a loved one, **reach out to us today.**

## Resource center

- [CLF HelpLine](#)
- [CLF Peer Support Programs](#)
- [CTE Support & Resources](#)
- [PCS Support & Resources](#)
- [Concussion Support & Resources](#)

## Reach out today:



## Treatment provider recommendations:

CLF offers medical and mental health provider recommendations to help identify specialists in your area who understand what you're going through and can help with your specific symptoms.

## Educational resources:

CLF offers information and resources to help you understand your symptoms and put together a game plan for how best to treat or manage them.

## Peer support:

It can be extremely difficult to find people who understand what you're going through. We'll help connect you with people who have "been there."