

Brain Injury & Disability Resources

ABIN-PA InfoLine 800.516.8052
Abuse Reports—Age 0-18 800-932-0313
Abuse Reports—Age 18+ 800.490.8505
Aging/Disability Referrals 866.286.3636
Area Agency on Aging (blue pages)
BIAPA Resource Line 800.444.6443
BrainSTEPS (Local Intermediate Unit)
CareerLink (blue pages)
ChildrensHealthInsurance 800.986.5437
Consumer Protection 800.441.2555
Crime Victim's Benefits 800.233.2339
Defense & Veterans BIC 866.966.1020
Disability Rights Network 800.692.7443
DomesticViolence Hotline 800.799.7233
Elks Nurses (care plans) 814.781.7860
Epilepsy Foundation 800.887.7165
Head Injury Program 717.772.2762
(1 year of rehab, \$100,000 max)
Health Insurance www.healthcare.gov
or 800.318.2596
Health Law Project 800.274.3258
Independent Living Ctrs 717.364.1732
Legal Aid (PA) 800.322.7572
Legal Clinic for Disabled 215.587.3350
Meals on Wheels www.mealcall.org
Medical Assistance 800.537.8862
Medicare Coverage 800.633.4227
(Part A & B have in-home services)
Medicare Complaints 800.783.7067
Office of Vocational Rehab (blue pages)
OVR Complaints 888.745.2357
Social Security 800.772.1213
Special Ed Consult Line 800.879.2301
Special Kids Network 800.986.4550
Waiver Enrollment 877.550.4227
Waiver HelpLine 800.757.5042
Women's Law Project 215.928.9801

ABIN-PA Services

"Empowering Survivors & Families to Rebuild Their Lives."

InfoLine

Resources. Problem-solving. Support.

Advocacy

Individual. Government Affairs.
Nonprofit Coalitions & Collaboratives.

Education

Conferences. Presentations.
Staff Training.

Literature

Free Monthly Newsletter.
Brochures.
Booklets.
PowerPoints.

Website

Newsletter Archives & Sign-Up.
Print Literature.
"Our Stories."
Print Resource List by Birthdate.
Rehab Facility Search by Type.
Videos.

Brochure Categories

General
Children <21
Adults 18+
Families & Caregivers
Rehabilitation
Dual Diagnosis
Justice System

Brain Injury Advisory:
Adults 18+

SUICIDE PREVENTION



ABIN-PA is dedicated to increasing public awareness about acquired brain injury and to providing support, education, information, advocacy and other services for individuals with acquired brain injury and their families.

ACQUIRED BRAIN INJURY
NETWORK OF PENNSYLVANIA

InfoLine: 215.699.2139
Toll-Free: 1.800.516.8052
info@abin-pa.org
www.abin-pa.org

Signs of suicide risk are common after brain injury

- Depression or hopelessness
- Breakdown in relationships, disconnected from others
- Legal problems or difficulties at work or with finances
- Isolation from friends, family
- Feeling of being a burden

The risk of death by suicide is higher after brain injury

- Four times higher after a severe traumatic brain injury
- Five times higher by the 15th year after a mild concussion
- Twenty five percent of those who attempt suicide post injury will try again
- Even greater risk with pre-injury substance misuse, mental illness or aggressive personality traits

Some myths of suicide

- Most suicides occur with little or no warning
- Improvement after a suicidal crisis means the risk is over
- Surviving an attempt means there was no intent to die
- Asking someone if they are thinking about suicide will only give them “ideas”

Preventive Measures

- If someone seems upset, ask if they are contemplating suicide. If so get the help they need ASAP
- Keep potential means of suicide like ropes, toxic materials, and knives securely locked away to decrease impulsive suicidal acts
- Remove firearms and ammunition from the home. If removal is not possible, store them separately in break-in proof locked containers with the firearms disassembled
- Monitor medication carefully because many suicide deaths and attempts involve self-poisoning

Warning signs indicating the need for immediate help

- Obsessing about suicide or death through talking, writing or drawing
- Threatening to hurt or kill oneself
- Looking for a weapon, pills, poison, or another way to kill oneself
- Stating a specific plan of how and when suicide will occur
- Giving away valued possessions
- Settling up affairs, making a will, making funeral arrangements

National Suicide
Prevention Lifeline
1-800-273-8255

If someone is suicidal

- Don't leave them alone
- Say that you are getting help
- Call 911 for immediate help
- For support and guidance, call 1.800.273.8255, the National Suicide Prevention Lifeline

Involuntary commitment

Mental health care may be needed but does not address brain injury.

Factors which decrease the risk of suicide

- Strong family and social ties
- Coping & problem solving skills
- Ability to seek help when needed
- No use of alcohol or drugs

Focus on rehabilitation

- Get the Head Injury Program or the Commcare, Independence, or OBRA Waiver for rehabilitation
- Assess cognitive, emotional, behavioral and physical changes
- Rehabilitation team uses a plan based on client interests & goals
- Focus is on compensatory strategies, re-training, assistive technology, family education, daily living skills, pre-vocational skills, volunteer positions and supported employment