

# Brain Injuries Are A Big Problem In Alaska. Let's **CHANGE** That!

you know me...

People think my sport is risky, but years of training, my protective helmet, and concussion 'return to play' standards help keep me safe. A variety of sports and recreational activities carry risks of brain injury and concussion. Prevention, diagnosis and treatment can all make a difference.

On or off the court, learn to recognize concussion/brain injury symptoms, follow 'return to play' standards, and wear protective equipment when appropriate.

March is Brain Injury Awareness Month. Learn more at [www.alaskabraininjury.net](http://www.alaskabraininjury.net)



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The Alaska Mental Health  
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