Most concussion symptoms resolve within a few weeks, some experience symptoms for a few months or even beyond a year.

It can be difficult to differentiate between mental health & concussion symptoms as many symptoms are shared (depression, difficulty concentrating, anxiety, confusion, irritability, personality changes, emotion dysregulation).

Those with history of depression/anxiety may have prolonged concussion symptoms or concussions may worsen these issues.

Over 50% of people with a head injury report experiencing depression within the next year.

For many the restrictions that a concussion puts on participation in athletics, academics, or social situations can create anxiety, depression and lowered self esteem.

Alcohol and/or drug use can worsen your concussion recovery.

You can work with your physician to request temporary academic accommodations through Disability Services.

See a physician if your symptoms are persisting longer than expected.

Counseling may help with emotional issues post concussion.

Things to Know:

Resources:

Luther College Counseling Service
Larsen Hall Courtyard
563-387-1375
www.luther.edu/counseling

Luther College Health Service
Larsen Hall Courtyard
563-387-1045
www.luther.edu/health-service

Disability Services SASC
Preus Library Lower Level
563-387-1270
www.luther.edu/disability-services