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### **Depression After TBI**

YPSILANTI, Mich. Dec. 29, 2008 — Depression is a condition that can affect anyone, but it is even more prevalent in the traumatic brain injury (TBI) population. According to Webmd.com, an estimated 19 million adult Americans suffer from major depression. In the TBI community, more than 50 percent of stroke and brain injury survivors encounter depression in some stage after injury.

#### **Is Depression After TBI Different?**

Why do so many in the TBI community experience depression? Depression after a TBI is not just a painful and emotional experience, it also compounds many of the challenges that individuals with TBI typically face after injury.

Causes of depression after TBI appear to be more than just psychological factors. Multiple risk factors have been identified for post-TBI depression over the last decade, including substance abuse, perceived high levels of stress and those with slowing cognitive abilities.

Dr. Margaret Brown explains why so many people are depressed after sustaining a brain injury and what one should do when depressed in her RainbowVisions article, "Coping with post-TBI Depression." To read more about depression, including predictors of depression and a review of antidepressant medications, check out the Fall 2008 RainbowVisions Magazine online at [www.rainbowvisionsmagazine.com](http://www.rainbowvisionsmagazine.com).

Free e-subscriptions to RainbowVisions Magazine are also available; to sign up, select Subscriptions from the top menu at the Web site.

#### **About Rainbow Rehabilitation Centers Inc.**

Rainbow Rehabilitation Centers Inc. headquartered in Ypsilanti, Mich. has been a provider of rehabilitation services for children, teens and adults with brain injuries since 1983. With more than 30 residential locations, two treatment centers, a NeuroRehab Campus and two vocational centers, we offer a broad range of brain and spinal cord injury recovery and rehabilitation services. Our residential settings include adult homes, child and adolescent homes, town houses and semi-independent living apartments. Day treatment and outpatient services are also available.

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