

Signs and Symptoms of Concussion for Mental Health Protocols:

Cognitive and Memory Changes:

- Difficulty maintaining clear thinking
- Sensation of slowed cognitive processing
- Impaired concentration
- Memory difficulties
- Feeling sluggish, hazy, groggy, or mentally foggy

Emotional and Mood Shifts:

- Altered mood, behavior, or personality
- Increased irritability
- Heightened emotional responses
- Experiencing a sense of not being oneself or feeling down

Physical Manifestations:

- Appearing dazed or stunned
- Suffering from headaches
- Experiencing blurred vision or dizziness
- Nausea and vomiting
- Balance issues
- Increased sensitivity to noise or light

Sleep Patterns:

- Sleeping more or less than usual
- Difficulties falling asleep
- Persistent fatigue