

**A HEAD FOR THE  
FUTURE**



**DEFENSE CENTERS  
OF EXCELLENCE**

For Psychological Health  
& Traumatic Brain Injury



**DVBIC**  
DEFENSE AND VETERANS  
BRAIN INJURY CENTER

**#ThinkAhead**

**#BIAmonth**

# INSTRUCTIONS:

1. In the space provided on the front, write a brief message about your experience with TBI in the military.

***Examples:***

*The VA/military health system is helping me treat TBI.*

*TBI doesn't define me.*

*I manage my symptoms with the help of my family.*

*I support those with TBI by connecting them to resources they need.*

*I am the caregiver of a TBI champion.*

2. Take a photograph of yourself holding the sign.
3. Post it on your social media networks using **#ThinkAhead** to raise awareness of TBI in the military.



[dvbic.dcoe.mil/aheadforthefuture](http://dvbic.dcoe.mil/aheadforthefuture)