

OUR MISSION

We're in this together.

For us, it's simple. We want to help as many people as we can. Brain injury, dementia, mental health, these are things that can't be seen. But just because it can't be seen, doesn't make it any less real. It is just harder to understand.

We want to support everyone affected by brain injury, dementia, mental health concerns and other neurological problems, providing links to trusted resources, a forum to share stories and experiences, to hear and be heard, and to ensure that everyone in this situation knows they are not alone.

"It's scary to think how many people are left in the lurch after a brain injury, wrongly diagnosed, or left to deal with it themselves. Not to mention those people around them, not understanding why their behaviour has changed, or what is wrong. Because it is brain injury, it can't be seen. You can be passed from pillar to post without any form of diagnosis or help."



Steve Thompson MBE
Founder, HeadOn Foundation

Brain injury needs to be talked about.

It has been hidden for so long, belittled, fobbed of as "just a knock," or "just a bang." Yet injuries can happen to anyone, anyplace, anywhere, anytime. Their impact can be significant, and lifelong. But brain injury doesn't just affect the sufferer, it affects us all, family, friends, colleagues, even stranger walking by.

We want to break the taboo surrounding brain injury, dementia, mental health concerns and other neurological problems. We want talk about brain injury, to increase awareness of what can happen and how it affects us all.

OUR AIMS

Together, we can help you to get the best out of life that you can. To help you make the best of the good days and comfort you through the bad, by:

- Supporting people with brain injuries and those around them, to let them know they are not alone
- Offering help and advice to people who need it with our trusted little black book of contacts
- Bringing a supportive community together to share stories, tips and tricks to make life liveable and more enjoyable
- Talking out the taboo surrounding brain injury, to increasing awareness, education and understanding
- Actively working to reduce the occasions where brain injury can happen, and promote brain injury screening and assessments when it has