Life isn’t easy from the singular side. I can handle this on my own.

Down in the hole some emotions are hard to hide. I’m feeling depressed and anxious.

It’s your decision. Do I keep playing or do I get help?

It’s a chance that you take. It’s just a bump on the head.

It’s on your head. Helmet, team and coach.

It’s a habit that’s hard to break. Practices, games, playoffs and championships.

Do you need a friend? I don’t want to burden them.

Would you tell no lies? I can’t tell anyone how I really feel!

Would you take me in? I’m going to suck it up.

Are you lonely in the dark? YES!

**IN THE DARK**

- Continuing to play without seeking medical attention for concussion symptoms.
- Not reporting to your coach, trainer or parents that you’re having problems with memory, concentration, anxiety, depression, headaches, blurry vision, sensitivity to light and noises, extreme fatigue, brain fog, insomnia, nausea, vertigo and controlling your emotions.

You never listen to the voices inside. I’m self medicating with drugs and alcohol.

They fill your ears as you run to a place to hide. I can’t let anyone know I’m having problems!

You’re never sure if the illusion is real. Am I weak if I seek help?

You pinch yourself, but the memories are all you feel. I’m failing in school and hurting everyone I love!

Can you break away from your alibis? I’ve got to tell someone, but I don’t know how!

Can you make a play? Yes, Coach!

Will you meet me in the dark? I injured my brain even more and now I’m having thoughts of suicide.

**IN THE DARK**

- Self medicating, isolating yourself from others and feeling hopeless.
- Hiding a concussion and continuing to play before it heals.
- Having thoughts of suicide and not telling a parent, coach, teacher or medical professional.
- Concussions have a negative impact on your relationships, grades and athletic abilities.
Don'tcha need me? Parents: You haven’t been acting like your normal self!
Hey! Hey!

Don'tcha need me? Coach: Why haven’t you been coming to practice?
Oh yeah!

Don'tcha leave me! Teammates: Don’t let us down! We need you!
Hey, Hey!

Don'tcha need me? STIGMA: Tell nobody! You can handle this on your own!
Oh yeah!

**SUICIDE ATTEMPT**

You take no interest. Don’t ever try to “suck up” a concussion.

No opinions too dear. Immediately seek medical attention if you’re having concussion symptoms.

You make the rounds. Brain injury rehabilitation can be hard and it takes time to heal your brain.

You try to be so sincere. Join a local brain injury support group & provide outreach in your community.

You guard your hopes and you pocket your dreams. Stay positive! Anything is possible!

You’d trade it all to avoid an unpleasant scene. It’s okay if you find it hard to accept the ‘new’ you.

**CAN YOU FACE THE FIRE WHEN YOU SEE ME THERE?**

RECOGNIZE THE EMOTIONAL, COGNITIVE AND PHYSICAL EFFECTS OF TRAUMATIC BRAIN INJURY!

**CAN YOU FEEL THE FIRE?**

FAMILY, FRIENDS, COACHES AND MEDICAL STAFF: DON’T IGNORE THE WARNING SIGNS!

**WILL YOU LOVE ME IN THE DARK?**

BE A LIFELINE!

**NO LONGER IN THE DARK ABOUT SPORTS CONCUSSIONS!**

- No helmet or device can prevent all head injuries or eliminate the risk of getting a concussion.
- Immediately report symptoms of a concussion to your coach, parents and medical professionals.
- Don’t return to play until you gain medical clearance from a qualified medical professional.
- It’s okay to stop playing a sport to protect your brain because ignoring these warnings can result in a more serious brain injury and could lead to lifetime impairment.
GET HELP AND SUPPORT FOR SPORTS CONCUSSIONS:

- CONCUSSION CLINICS
- REHABILITATION HOSPITALS
- SUICIDE HOTLINES
- STATE BRAIN INJURY ASSOCIATIONS
- BRAIN INJURY SUPPORT GROUPS
- DEPARTMENT OF EDUCATION
- DEPARTMENT OF VACATIONAL REHABILITATION

“In The Dark” Lyrics: Billy Squier
(From the album, “Don’t Say No”)

Commentary: Ted Stachulski – TBI Survivor / Advocate