

How to support your friend during their recovery from concussion

Why this matters

Concussion can feel **invisible** – your friend might look fine, but their brain is still healing. Recovery can be frustrating, especially if they're missing out on school, sport, or social events. Good friends and teammates make a big difference.

How you can help

1. Believe them

- Even if you can't "see" the injury, their symptoms are real.
- Don't call it "just a bump" - recovery takes time.

2. Don't pressure them

- Avoid saying things like *"When are you back in the game?"* or *"You'll be fine - just play."*
- Pressure can make them feel guilty or tempted to rush back too soon.

3. Keep them included

- Invite them to hang out, even if they can't do everything.
- At training, let them watch or help out - it keeps them part of the team.
- Share updates so they don't feel left out.

4. Support the limits

- If they need shorter screen time, quieter hangouts, or earlier nights - go with it.
- Choose activities that won't make symptoms worse.

5. Check in

- A simple *"How are you doing today?"* means a lot.
- Let them talk if they want - or just keep them company.

What makes a great friend during recovery

- ✓ Include them in plans, even if they say no sometimes.
- ✓ Respect their pace – everyone heals differently.
- ✓ Remind them: taking time now means getting back to sport safely.

Key message

You can't fix their concussion, but you can make recovery easier.

Being supportive, patient, and inclusive is what real teammates and friends do.

