

EMPWR

WE BELIEVE...

Concussion is a **brain injury** and should be given respect.

Concussions are tough – **we get it.**

Every **recovery is different** – and that's normal.

Recovery can be **hard work** – you're up for it.

It can take **time.**

You are **not alone.**

You will get **better.**

Support matters – and there's not enough of it.

We need to **talk about it more.**

We've got **so much to learn.**

It's time to **lead with hope, optimism and courage.**

