

## Finding Support in the Brain Injury Community

**Source:** Produced by Victoria Tilney McDonough and Brian King

**Video Link:** <http://www.brainline.org/content/multimedia.php?id=1430>

**Caron Gan:** Often meeting other people who have lived that same experience and have experienced that sense of loss and have been through that journey can be very comforting because then it helps to reduce that sense of isolation that they're not alone some one knows how I feel. Some one knows how it feels to lose myself and to have to rebuild my identity so it could be through one-on-one peer mentoring, peer links, or if the person is comfortable to link them with support groups where they can meet others and get some ideas on how other people have dealt with it.