



Help us rebuild the lives of brain injury survivors

It's hard to adequately explain what your support can mean for this community who faces grinding both mental and physical challenges and overwhelming adversity in a world without a safety net. I can tell you their stories are gripping and heartbreaking. But, with your help, Mind Your Brain Foundation steps in, and together we can make a profound difference.

Please join us in this important work to change someone's life: www.MindYourBrainFoundation.org/donate

Paypal: Mind Your Brain Foundation
43 Paoli Plaza #1127
Paoli, PA 19301 USA

Venmo: @MindYourBrain or scan the QR code to the right for payment



Our Mission

The Mind Your Brain Foundation®

is a national, nonprofit organization dedicated to improving the lives of all those affected by traumatic brain injury (TBI). In collaboration with TBI-focused academic medical centers and regional hospitals, we provide community-based, patient-centric conferences and ongoing online support that provides education, advocacy, support and research to enhance the quality of life of those affected by brain injury, including patients, survivors, families and caregivers. All affected by brain injury should, and can, have immediate and equal access to services and support to help lead full and meaningful lives.

A Special Thank You To Our Sponsors



The Mind Your Brain Foundation is a qualified 501(c)(3) tax exempt organization. Tax ID 82-3268204.

A FREE CONFERENCE FOR BRAIN INJURY SURVIVORS

We offer conference and community, hope and help.

We provide resources that create a path to recovery for brain injury survivors.

"I attended my first Mind Your Brain conference in 2013 – a year after my accident. My doctors at Penn told me about it and even suggested I share some of my experience on the survivors' panel that is part of the day. Mind Your Brain is an amazing free program and opportunity to immerse myself with fellow survivors, researchers, caretakers and therapists! I have been going every year since and won't miss it." Janine Kirby

"I got tired of hitting my head against the wall in frustration. The conference showed me that there was a door I could open into the rest of my life." Natanya Sortland

"The MYB Conference is a place survivors can go to find and strengthen faith that a new, improved life is ahead of you." Matt VanKirk



Education: Help fill the gap in TBI post-acute/rehabilitation care by conducting dynamic, regional, patient-centric conferences that include presentations, interactive discussions, cognitive workshops and resource sharing by a variety of clinical experts, research authorities and TBI survivors.

Advocacy: Engage local, regional and national organizations to foster continued support of TBI survivors as they navigate the path to recovery after discharge from primary or tertiary care facilities. Enable survivors to be the best that they can be, as opposed to “just good enough.”

Support: Provide online resources that focus on sharing research, insights and therapies designed to address the personal and medical issues of those impacted by brain injury as they navigate the path to full and complete recovery.

Research: Help foster a sustained focus on integrated research teams, collaborative therapies and patient-centric advocacy for local, regional and national research in TBI care, recovery and rehabilitation to address the personal and medical issues of those impacted by brain injury.

From the CDC:

Traumatic brain injury (TBI) is a major cause of death and disability in the United States. TBIs contribute to approximately 30% of all injury-related deaths. Every day, 153 people in the United States die from injuries that include TBI. Those who survive a TBI face effects that last anywhere from a few days to the rest of their lives. Effects of TBI include impaired thinking, memory, movement, sensation (e.g., vision or hearing) or emotional functioning

(e.g., personality changes, depression). These issues affect not only the injured individual, but also their families and communities.

Help us RESCUE veterans, children, athletes and senior citizens who have sustained brain injuries ranging from mild (e.g., concussion) to traumatic. They need connections to resources that will help them find their way back to a full and meaningful life.

To learn more: Listen to our Podcasts on Apple Podcast or Spotify: Search “Mind Your Brain” and click share