

Date

To [the Editor]:

March is Brain Injury Awareness Month. Every year, at least 2.8 million people sustain a traumatic brain injury, and more than 5.3 million Americans are living with brain injury-related disabilities.

Those who are affected by brain injury – survivors, their loved ones, and the people who treat them – all have their own stories to tell about how brain injury has changed their lives and set them on a different path. Living with brain injury, or caring for someone who has one, is a journey – and it’s not linear. Navigating life with brain injury takes a special kind of resilience.

That’s why I am proud to join with the Brain Injury Association of America and advocates across the country to celebrate March as Brain Injury Awareness Month. This is a time to join the #MyBrainInjuryJourney campaign as we recognize and honor the millions of people around the country who are living with brain injury.

[Insert a message from you that explains your connection to brain injury and why it is important to raise awareness.]

You can help by sharing your story, hosting virtual brain injury awareness events in your community, or by speaking to your elected officials about issues affecting people with brain injuries. Visit biausa.org/MyBrainInjuryJourney to learn what else you can do to raise awareness about the impact of brain injury.

[YOUR NAME]

[YOUR EMAIL, PHONE, ADDRESS]