

Managing Feelings After Brain Injury: Talk and Chalk Study

Bangor University (United Kingdom) and the University of Cape Town (South Africa) are conducting an **online research study** on **managing difficult feelings**, such as **irritation** or **frustration**, after brain injury.

We are looking for people who:

- Have had a brain injury at least **9** months ago
- Are first language **English** speakers
- Are between the ages of **20** and **85**
- Do **not** have any other major neurological or mental health conditions
- Are **not** being treated for problems with substance misuse

What does the study entail?

- **5** meetings over several months
- Each meeting is **1-hour**
- All meetings are on **Zoom**

If you are interested, please **contact** the Lead Researcher, **Jade Witten**, to answer a few questions about your eligibility to take part:

Email: jade.witten@bangor.ac.uk

