



We're here to help.

In collaboration with University of Pennsylvania Athlete Alumni, the Concussion & CTE Foundation HelpLine supports patients and caregivers navigating the outcomes of brain trauma. If you are interested in support for yourself or a loved one, [reach out to us today](#).

Resource center

- [Concussion & CTE Foundation HelpLine](#)
- [Peer Support Programs](#)
- [CTE Support & Resources](#)
- [PCS Support & Resources](#)
- [Concussion Support & Resources](#)

Reach out today:



Treatment provider recommendations:

We offer medical and mental health provider recommendations to help identify specialists in your area who understand what you're going through and can help with your specific symptoms.

Educational resources:

We offer information and resources to help you understand your symptoms and put together a game plan for how best to treat or manage them.

Peer support:

It can be extremely difficult to find people who understand what you're going through. We'll help connect you with people who have "been there."