



How to Request Anonymous Support

While the Concussion & CTE Foundation [HelpLine intake questionnaire](#) is confidential, you are welcome to request support anonymously via email at help@concussionandcte.org. Our team can offer better options with more information, but you don't need to share personally identifiable information to receive basic recommendations.

For best results, please include:

1. Reason
 - A basic statement of your reason for reaching out, such as “finding doctors”
2. Symptoms
 - The cognitive or mental health concerns you are experiencing
3. Last Brain Injury
 - How long it has been since your last concussion or brain injury, if known. This may include diagnosed or undiagnosed injuries (i.e., “getting your bell rung”)
4. RHI Exposure
 - Estimated number of years of exposure to repeat head impacts (RHI), such as contact sports, military, occupational hazard, specialty units or similar
5. Age
 - Some clinics have age minimums or maximums
6. Injury Source
 - The occupation or activity in which you sustained head trauma
7. Locale
 - The City, State, and/or general location for which you would like medical provider, mental health provider, or resource recommendations

Example:

To: help@concussionandcte.org

From: Your email (*can be a “burner” or single-use account*)

Subject: Request for Support

Body:

Hello,

I would like to request anonymous help finding healthcare providers for concussion symptoms.

I sustained a concussion (undiagnosed) 4 months ago working as a law enforcement officer. I'm experiencing headaches, memory issues, and difficulty controlling my emotions. I played tackle football for 8 years and have been exposed to repeat head impacts in the line of duty and during use of force trainings for 15 years. I am 45 years old. Please send recommendations for neurologists and mental health counselors in the Austin, Texas region.

Thank you.