# Share your story with Brain Injury Canada

Thank you for wanting to share your story with the brain injury community! These stories help us stay connected with everyone across the country, and bring comfort and helpful advice to those living with brain injury, caregivers, and family members. They are also an important part of advocating for more services and support for the brain injury community. Personal stories, quotes, and pictures support the work many organizations are doing with researchers and policymakers to make change.

## How to submit your story

The following are guidelines for your story.

* It can be as long as you want, but we ask that it be a minimum of 300 words.
* It answers the following questions:
	+ When and how did the brain injury happen?
	+ What challenges did you experience after the brain injury?
	+ Ways you tackled those challenges - we want to share tips, strategies, and tools that worked for you with families, caregivers, and those living with brain injury who may find them helpful.
* Please include a photo of yourself

Send your story and your photo in an email to rnewcombe@braininjurycanada.ca. Our editor will review the story and let you know if anything else is needed before publishing.

If you would like to submit your story as a video, please reach out to our editor at the email above.

Brain Injury Canada has publishing guidelines that we must follow for all parts of our website. We cannot publish anything that recommends or endorses a specific product or private service. We will not publish anything that uses derogatory, defaming, or racist language.

By submitting your story to Brain Injury Canada, you consent to have it published on our website, newsletter, and social media with your name. You consent to your story being used from the date it is published onward for the organization’s promotional goals. You consent to having spelling and grammar of your story edited for clarity.

If you have any questions, please email rnewcombe@braininjurycanada.ca, and we’ll get back to you as soon as possible.

