

Psychological Injury Defined

A psychological injury is every bit as real as a physical injury.

What is a psychological injury?

A psychological injury consists of an array of cognitive, emotional, and behavioral symptoms that interfere with a victim's life by affecting how they think, feel, interact, and behave. Psychological injuries can develop without any brain trauma or physical injury to the brain tissue of the victim.

Whether a victim witnessed, was injured, or was involved in an accident, psychological damage can be triggered in any case, and can last for years.



Following an accident, victims can experience detrimental physical and emotional symptoms, such as but not limited to:

- Anxiety
- Fear
- Depression
- Feelings of hopelessness
- Guilt
- Self-blame
- Shame
- Insomnia
- Nightmares
- Flashbacks
- Hallucinations
- Poor concentration
- Confusion
- Anger
- Irritability
- Mood swings
- Fatigue
- Decrease in energy
- Loss of interest in daily activities
- Changes in weight

These symptoms can cause severe interruptions to the victim's daily life, making it impossible for him or her to partake in regular activities such as working, communicating with family and friends, or participating in enjoyable hobbies.

It does not matter whether an accident was considered minor or completely devastating – every victim responds differently, and every victim can have possible debilitating psychological injuries as a result.

