Brain Matters is an outreach group led by teens and young adults who mentor younger individuals on brain health.

Mentors have personal experience with concussions, and are passionate about helping younger students stay healthy.

Brain Matters meets once a month to discuss concussion topics and plan outreach projects.

Who can join our group?

All youth:

• Whose lives have been impacted by concussions and symptoms of concussion
• Who want to share their stories and meet others with similar experiences
• Who are excited to use their experience for concussion advocacy and outreach
• Who inspire others

Want to join? email brainmatters@ohsu.edu