



How you feel.

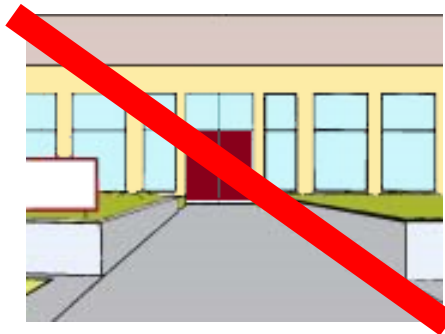
You are a young adult.



You are a young adult. Like you are

- 20
- 25.

You are an adult now.



There will be lots of change.

Like school ends.



You may do more school. Like

- TAFE
- uni.

It may be a class near your home.

Or



You may look for work.

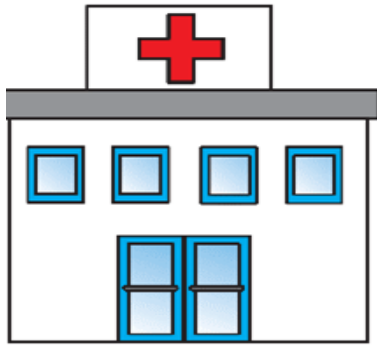


You get more choices.

You may choose where you live.



You may choose the people who
help you.



You need some new health services.

You go to the adult hospital.



Your doctor worked with

- children
- young people.



Your new doctor knows

- about adults
- about cerebral palsy.



Other things can happen.

You may have new friends.

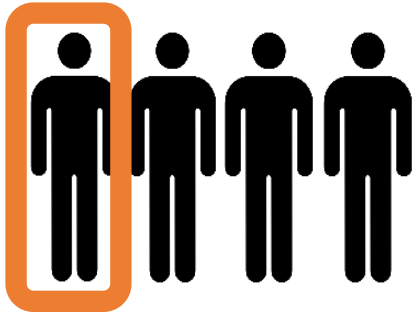


You may start a job.



You may

- meet a special person
- have a baby.



Some people have
mental health problems.

But



You have cerebral palsy.
More people with cerebral palsy
have mental health problems.



Lots of change can be hard. You may

- worry
- feel sad.



You worry



You may worry about your
cerebral palsy.

You may get tired very fast.



You may have pain.



You are awake all night.

You can **not** sleep.

You worry about things. Like

- friends
- money.



You think it is best to stay home.

You may **not** want to do things.

Like you do **not** want to see friends.



You may

- feel dizzy
- your heart beats fast.

It is called anxiety.



Some times you feel OK.



Some times you are **not** OK.

It is different for each person.



How you feel is important.

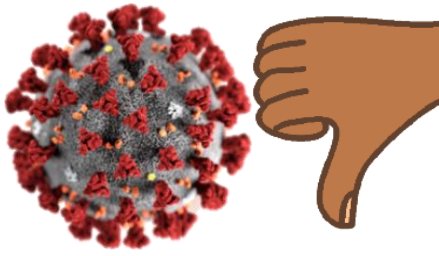
It is at any age.



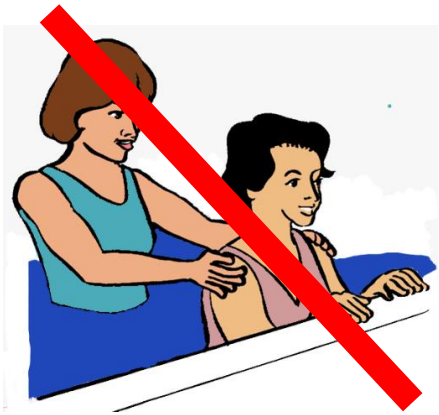
Good mental health helps you to

- look after yourself
- feel good about yourself.

It helps you care for your body.



COVID 19 made things hard.



You did **not** get the same help.

Like you did **not** do all your therapy.



You did **not** see your

- family
- friends.



You may worry about

- your health
- your work.

You may worry you will get COVID 19.



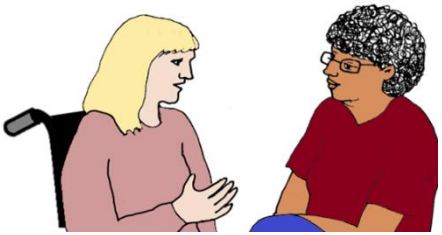
You do **not** feel good. Like you

- worry
- are sad.

You feel this way all the time.



What can you do?



Talk to a person

- you know
- you trust.



You can talk to your health team.

It may be your doctor.



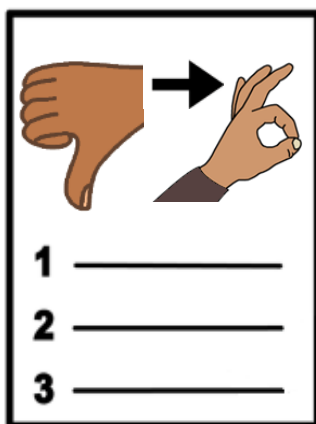
You can talk to a

- social worker
- therapist.



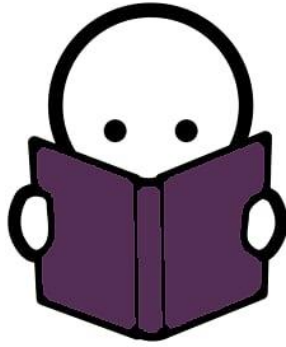
You may need to see a special doctor.

They may give you pills.



They help you make a plan.

The plan has steps to feel better.



You want to know more



Read

Go for help now.



Read

You get upset.

You are a young adult.