



How you feel.

You are an adult.



You are an adult. Like you are

- 31
- 45.



It can be hard. You may

- worry
- feel sad.



You may live by yourself.



You may have a job.



You may spend time with

- friends
- family.

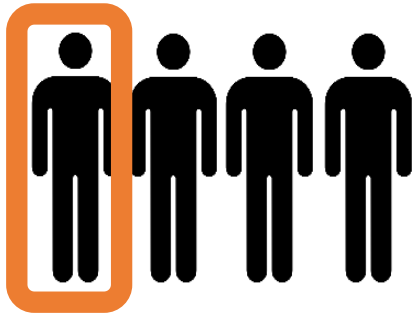


You may

- have a special person in your life
- be married.



You may have a child.



Some people have
mental health problems.

But



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



You worry



You will get old. You worry about this.



You worry about your cerebral palsy.

You may get tired very fast.

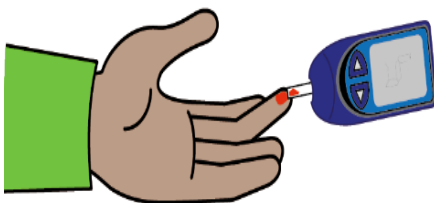


You may have pain.



You are **not** old.

But



You may get the same problems.

Old people have more health problems.

Like diabetes.

You may need to eat different food.



It may be hard to do things now.

Like you need help to sit up in bed.



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.

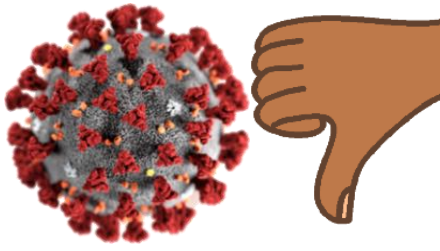
It is at any age.



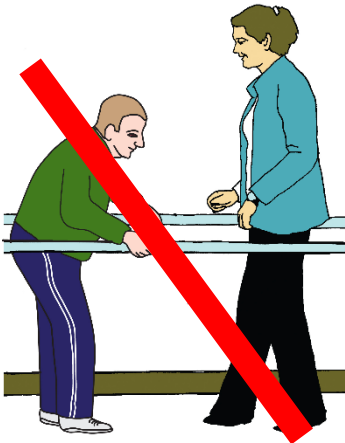
Good mental health helps you to

- look after yourself
- feel good about yourself.

It helps you care for your body.

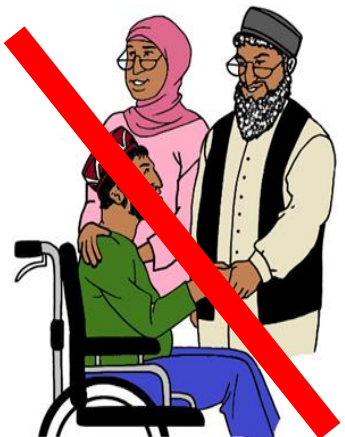


COVID 19 made things hard.



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

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



You did **not** see your

- family
- friends.



You worry about your work.

Like you can **not** go to work.



You do **not** get much money.



What can you do?



Talk to a person

- you know
- you trust.



You can talk to your health team.

It may be your doctor.



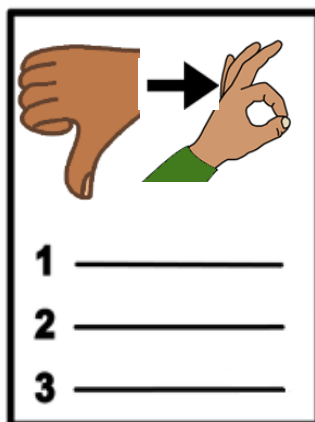
You can talk to a

- social worker
- therapist.



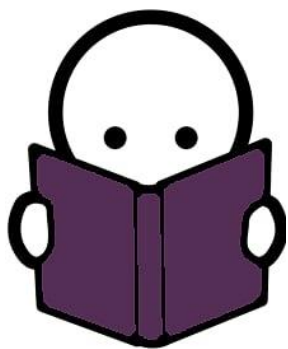
You may need to see a special doctor.

They may give you pills.



They help you make a plan.

The plan has steps to feel better.

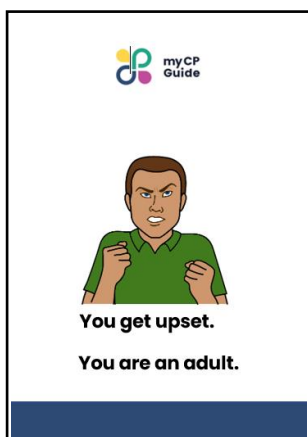


You want to know more



Read

Go for help now.



Read

You get upset. You are an adult.