



How you feel.

You are old.



You are more than 55 years old.

Like you are

- 58
- 75.



It can be hard. You may

- worry
- feel sad.



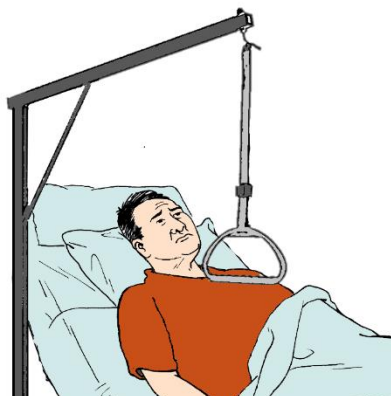
You may worry about

- more changes to your body
- how tired you get.



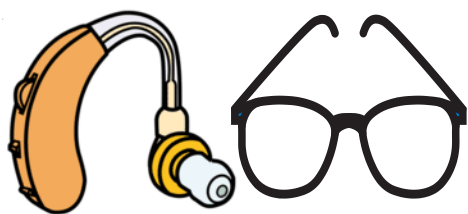
You may worry about your pain.

It is all the time.



It may be hard to do things.

Like you need help to sit up in bed.



You may have new problems. Like

- how you hear
- how you see.

All old people can have these problems.



You stay awake at night.

You can **not** sleep.

You worry about every day things. Like

- friends
- money.

Or



You think it is best to stay home.

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

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



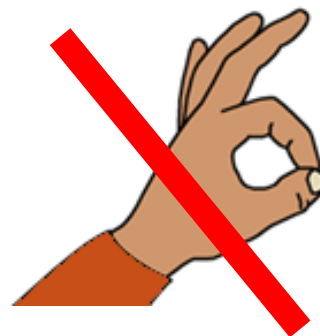
You may

- feel dizzy
- your heart beats fast.

It is called anxiety.

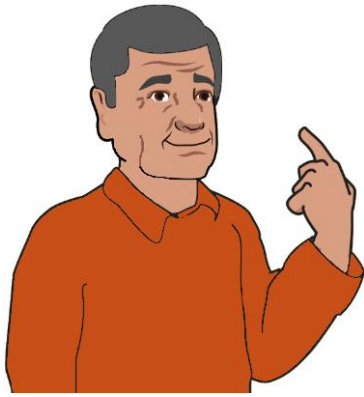


Some times you feel OK.



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 can help you look after your body.

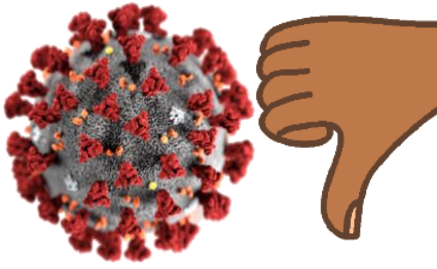


Some people have
mental health problems.

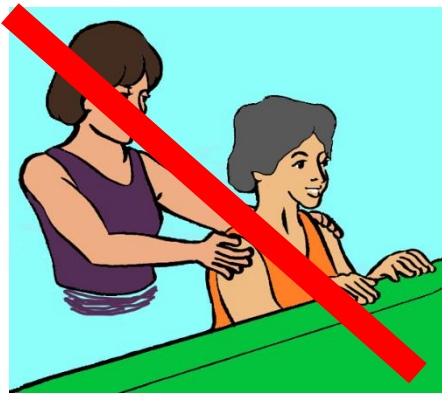
But



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



COVID 19 made things hard.



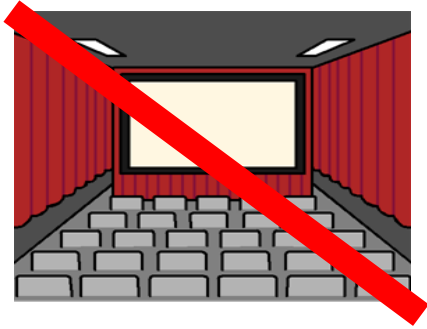
You did **not** get the same help.

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



You did **not** see your

- friends
- family.

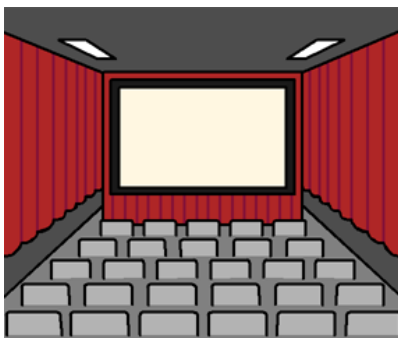


You did **not** do other things. Like

- go to the pictures
- go on drives.



This makes you feel sad.



Places are open now. You can go

- to the pictures
- to the shops
- out for coffee.



What can you do?



Some things you can do are

- join a group
- join a book club.



You can see your

- family
- friends.



Talk to a person

- you know
- you trust.



You can talk to your health team.

it may be your doctor.



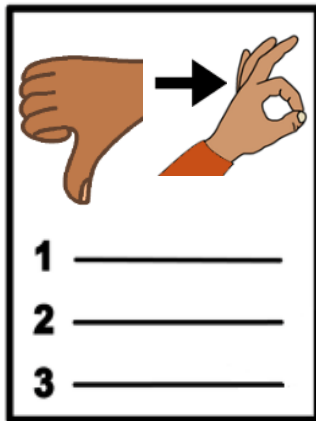
You can talk to a

- social worker
- therapist.



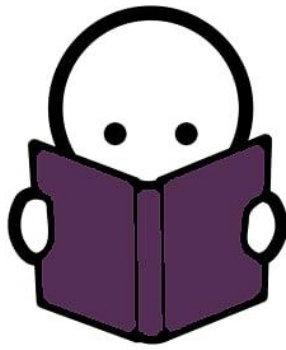
You may need to see a special doctor.

They may give you pills.

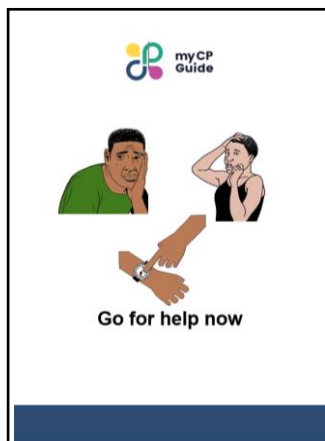


They help you make a plan.

The plan has steps to feel better.



You want to know more



Read

Go for help now.



Read

You get upset. You are old.