



You get upset.

You are a young adult.



You may be a young adult. Like

- 20
- 25.



You have cerebral palsy.

Life can be hard. Like

You are in pain. It may be all the time.



You may feel tired.

You can only do things for a short time.



You can **not** do things you want to do.



It may be hard to

- tell people what you want
- make choices.



It can be hard to make friends.



It takes you lots of time to do things. Like

- shower
- get dressed.

It makes it hard for you to see friends.



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



This may make you feel

- sad
- angry.



It is hard to tell people how you feel.

You may show people.

You do it in your own way.

You may rub your arm.

You do it all the time. There is blood.

Or



You may

- wave your arms
- yell.



There are lots of things you want to say.

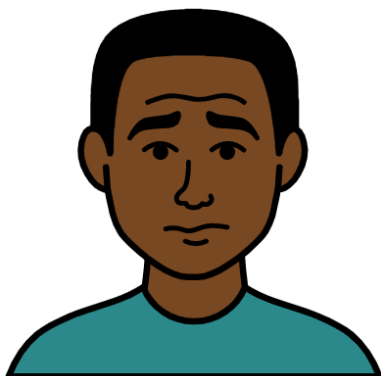
You may be

- in pain. Like you have a sore head

Or



- angry. Like you missed your TV show.



It can be hard to know what you mean.

Some people may feel scared.

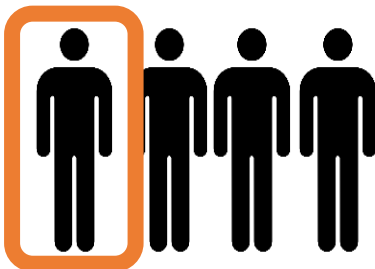


You may feel like no one listens to you.



Many people with cerebral palsy feel like this.

We call this a mental health problem.



It is more than
people with no cerebral palsy.



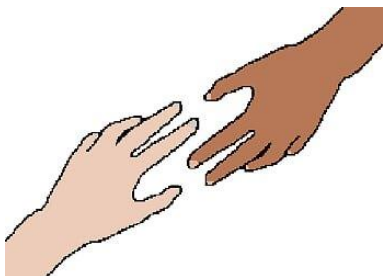
You want to feel better.

You may do things that are

not good for you. Like

- drink lots of alcohol
- take drugs.

More men do this.



You are young.

It is important to get help now.

But

You can get help at any age.



What can you do?



You can try new things.

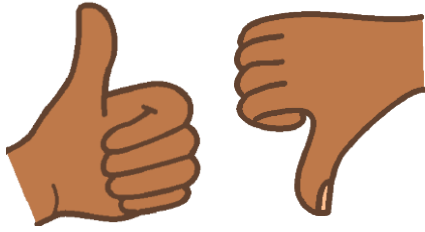
You can do it at home. Like

- deep breathing



- listen to music.

It may help you feel better.



Different things work for
different people.

It may take time to find what works.



Talk to your doctor.



You can talk to a speechie.



You may need to talk to a person.

It is about

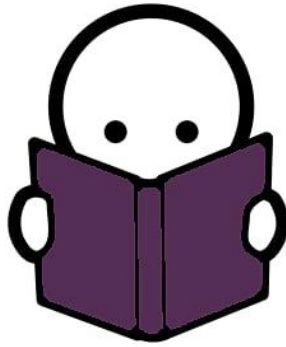
- how your body changes
- how you feel.



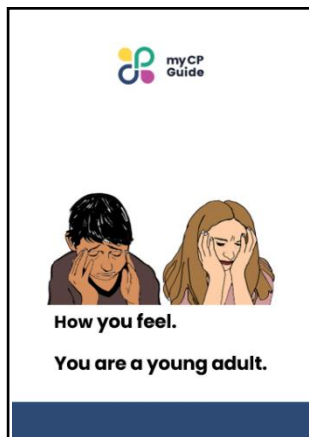
You may need to see a special doctor.

They can give you pills.

They can make you feel better.



You want to know more



Read

How you feel. You are a young adult.



Read

Your health team.



Read

You want to talk to people.



Read

You want to meet people