



**You get upset.**

**You are an adult.**



You are an adult. Like you are

- 31
- 45.



You have cerebral palsy.

Life can be hard.

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



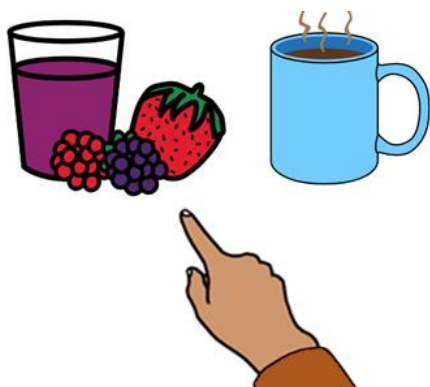
You feel tired.

You can only do things for a short time.



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

- go to work
- see your friends.



You want to

- make choices
- tell people what you want.

**But**



It is hard.

You can **not** tell people what you want.



You may feel very sad.



You may feel angry.



You may worry. It is all the time.



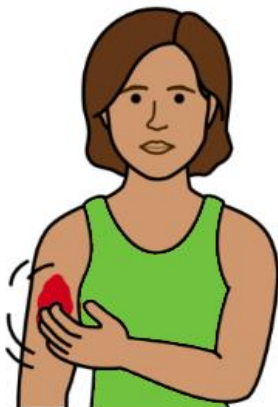
It is hard to tell people how you feel.

You may show people.

You do it in your own way. You may

- wave your arms
- yell.

**Or**



You may rub your arm.

You do it all the time.

You break your skin.

There is blood.



There are lots of things you want to say.

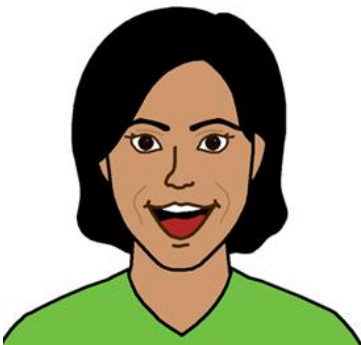
You may be

- in pain. Like you have a sore mouth

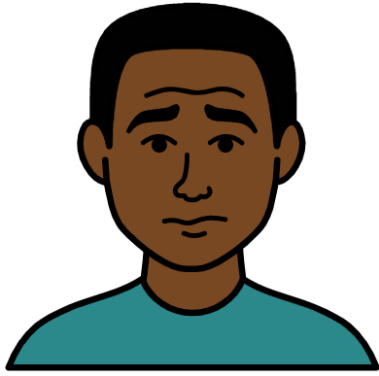
**or**



- angry. Like you missed your TV show.



You may be happy.



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.



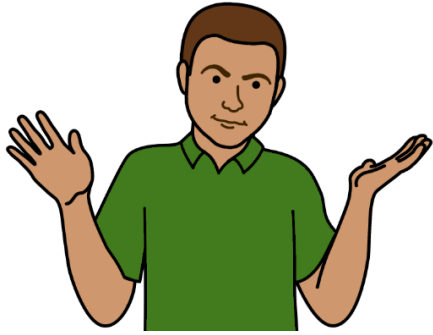
You want to feel better.

You may do things that are **not** good for you. Like

- drink lots of alcohol
- take drugs.

More men do this.





## What can you do?



You can try new things.

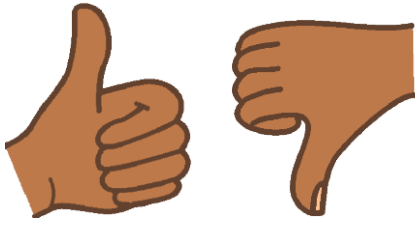
You can do it at home. Like

- 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 for you.



Talk to your doctor.



You can talk to a speechie.



You may need to talk to a person.

It is about

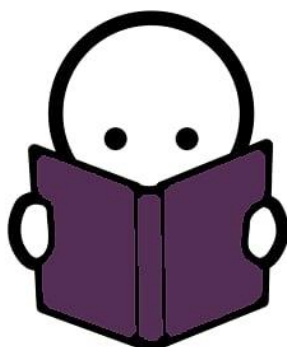
- how your body changes
- how you feel.



You may need to see a special doctor.

They can give you pills.

They can make you feel better.

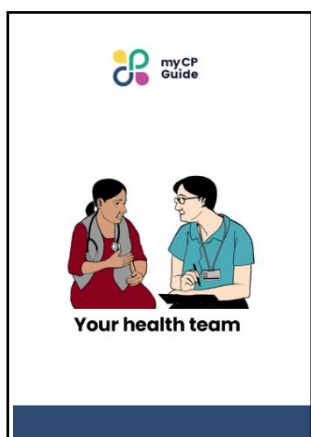


**You want to know more**



Read

**How you feel. You are an adult.**



Read

**Your health team.**



Read

**You want to talk to people.**



Read

**You want to meet people.**