



## Feeling down after an ABI

"I had the same sort of problem as Amy. The longer I thought about something the worse it would become and the more down I would feel.

Feeling down is perfectly normal. People get low all the time and not many of them even have an ABI. Sometimes some of the side effects from your ABI can make you pretty miserable.

It is always worth talking about why you feel low. It took me a while to figure out why I felt low. I was having trouble talking to people and was tired all the time. Mum finally figured it out. It turned out that the medicine I was on to control my epilepsy was giving me bad headaches.

It was really difficult to feel happy when I have the headaches all the time.

Mum took me back to the hospital. They changed my antiepileptic medication and now I don't get anywhere near as many headaches. I don't feel so low now. I still have off days but they don't happen as often."

