



**amy**

## Feeling anxious and upset after ABI

“Some days I feel so overwhelmed by everything and get very distressed. Mum says that is understandable because my life has changed a lot since hurting my head.

The best thing I found that helps when life gets too much is to talk to someone. There are other people you can talk to if you haven't got an adult or close friend you can talk to. Click to the contacts section to find out about Childline. They can help you when you need someone to talk to.”

