



# Sebastian Reeve

*Sebastian Reeve is 22 and lived in Suffolk for most of his life. Sebastian has also moved all around the UK to go to special needs schools and colleges. He sent in text to Public Health Suffolk – see his speech below.*

I am a young person who lives with some disability. Also, I have lived with mental health most of my life. Not many people know about my mental health issues because I try hide that I have mental health. It hasn't been easy for me to hide my mental health because it has come out to show that I have more than just a disability.

So do how it's is to live with disabilities and mental health? After coming out from hospital I decided that I wanted to give all my life and time to help people who have disability and mental health. I also want to teach and support services to be the best service they can be. This is very important to me. I understand that it's lot better than it has been in past but I believe there is lot more things that we need to do for this world and our community's so it can be better for everyone to be able to life a good life.

What does it mean to live a good life? What I understand a good life is if you are happy in yourself, your mind and your body. If you are fit and healthy, then that's the first step to live a good and happy life. The next step is all about things you do in your life and who you do it with. Also we all need people to support us and help us and love us how we are: it shouldn't matter what colour you are or where you come from or what you believe in (or you don't believe in), or if you have a disability or mental ill health, everyone has a place in this world and in their community to live a good, happy, healthy life.

This year 2020 has been a very difficult year for everyone. This year has shown us that people haven't looked after this world and the world can't take it anymore. The world has tried to tell us that we need to change but we haven't listened to it because as people we don't like making changes. Also, people don't like to be told what to do. That's why COVID-19 has been difficult, it's all new for everyone and people don't like it when have lots of new things at once. And when people don't understand things, that's when people get worried.

We need to look after the young people's mental health and wellbeing because it's their life that matters more on from here in. We need to look after the people and families who have lost their jobs because of COVID-19, especially those who have no food or money.

This is going to be very difficult road for lot of people to come back from. We need to work together to help everyone in our community's now more than ever. There are lot of mental health charity's out there so if you need help or support (or you know someone who would need help) go and get help. You are not alone, lots of people feel how you feel right now so it is ok.