

# ADVICE FOR YOUTH FROM YOUTH: Getting A New Diagnosis



## NAVIGATING THE MEDICAL WORLD

"At first, everything feels like alphabet soup; symptoms over here, appointments over there, new words you've never heard before being thrown at you like confetti you didn't ask for. But that's okay. Truly."

You get to take this one tiny step at a time. You don't have to master it in a week. You don't have to be strong every minute."

"It's okay not to have all the answers. It takes time to get the right answer and support you need."

"Write your questions down and bring them to appointments."

"You are not behind in life; you're just learning a brand-new language your body speaks, and you're going to get fluent in your own time."



## FINDING SUPPORT

"Surround yourself with people who care and will support you. Take the opportunity to meet new individuals to broaden your support network."

"Find at least one safe person who "gets it." It might be a friend, a partner, another young person with lived experience, or even an online support group like Upopolis."



## NEW EMOTIONS

"You are absolutely allowed to grieve. A diagnosis can flip your whole life story upside down, and it's normal to feel sad, angry, confused, relieved, or everything at once like some chaotic emotional smoothie."

"Bad days don't erase your progress. You are allowed to be real. You are allowed to rest. You are allowed to be soft. You're doing better than you think and you're not doing this alone."