

## **Young adults – 20s and 30s**

### Situations from which to develop questions:

I was perfectly healthy and then I got this flu, but I never got better. I am either struggling at work or at school. My partner or housemates don't understand. Who do I see for a doctor? I am trying just to push through and keep going, but it's hard or just too hard. What do I do to get better? I am getting depressed. How long will I be sick? Where do I get help?

### Questions –

I suddenly got what seemed like the flu, but months later I am still sick. Doctors think there is nothing wrong. How do I find a good doctor?

I am trying to keep up with school or a job. But I am getting sicker/no better, what do I do?

Is there any treatment, or is there anything I can do myself to recover?

My friends don't understand about my being sick – I can't keep up with them – they are not coming by as much – what can I do?

I am afraid of getting fired or not being able to stay in school – what can I do?

Notes for discussion:

Points made in this discussion could be the basis for an information page on our website.