

Questions

TO CONSIDER FOR YOUR STORY

- **What did it feel like to experience symptoms of your mental illness for the first time?**
 - **What did those symptoms feel like?**
- **Did you understand what was happening?**
- **What was your viewpoint on mental health at that time?**
- **Who or what in your life helped you or impacted your journey and how did it/they do that?**
- **Did you seek professional help? How did you feel about receiving professional help?**
- **What was it like receiving a diagnosis (if you received one)?**
- **How was your life impacted by your mental health initially?**
- **What brought you joy during this time and why? What kept you motivated and why?**
- **What obstacles did you face in each step of your journey? How did you overcome those obstacles?**
- **Is there something that a lot of people don't understand about mental health? Or something that not many people know about your journey?**
- **What's one big takeaway or piece of advice you'd want to share with others about mental health?**
- **If you could tell other young adults one thing about having a mental illness, what would it be?**
- **How do you feel about where you are in your journey right now?**