

# You got the call...

## WHAT CAN HAPPEN IN THE FIRST FEW WEEKS.



These days can feel overwhelming. You do not have to have all the answers right now.

### WHAT USUALLY HAPPENS NEXT



#### More testing

Scans, labs, and appointments may happen quickly at fist.



#### Your treatment team forms

You'll meet specialists who guide different parts of your care.



#### Decisions happen quickly

Important choices may come up early. You do not have to have every answer right away.

### THE AYA STRUGGLE IS REAL



#### Identity & independence

You may feel like your sense of self is shifting



#### School, work & finances

Plans can change. Pausing life does not mean falling behind.



#### Friendships & Relationships

It can be hard to explain what you're going through.



#### Plans & the unknown

The "what ifs" are heavy. You are not alone in feeling this way.



Cancer during young adulthood can impact more than just your health.

All of these feelings and confusion are valid. However you are feeling is okay.

## WHAT MIGHT HELP



#### Protect your peace online

Googling is normal, but everyone's experience can look different.

Use trusted sources and protect your mental space.



#### Start slowly with resources

You do not need to learn everything at once. Take one step at a time.

Small steps still move you forward.



#### Bring someone with you

Another set of ears can help you remember, ask questions, and make decisions you feel good about.



#### Connect with organizations specific to your cancer type

Trusted organizations provide reliable information on treatment options, clinical trials, financial help, and support services.

Blood cancer United  
American Cancer Society  
Breast Cancer Research Foundation  
... and many more



#### Ask as many questions as you need

There are no silly questions. Ask for clarity, repeat it back, and ask again at your next visit.

You deserve to understand.



#### Let people help (if you want)

People want to help but may not know how. Give friends concrete ideas: rides, meals, appointments, or check-ins.



#### Look for information that is helpful

Learning about your diagnosis and treatment options can help you make decisions with confidence. Look for support!



#### Look for support groups where you can ask questions

Speaking with other young adults who understand can make a huge difference. Stupid cancer has online groups available worldwide.

In the US and Canada, download the CancerBuddy app to meet other young adults one on one.

You are still you.

- ✓ It's okay to be scared.
- ✓ It's okay to take your time.
- ✓ It's okay to need help.
- ✓ It's okay to not have all the answers.
- ✓ You are not alone.



Fourth SpaYce