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Dealing with chronic illness

Feeling sad or anxious in response to a physical illness is common and expected. However, at times these emotions can lead to significant distress that may require further referral.

It's useful to ask a young person what their experience is of living with a chronic illness....

- Who provides them with support?
- How does this interfere with school, friends, and family life?
- If they could change something what would it be?
- What's the hardest part of managing their illness? (providing options if needed)

What might suggest a young person needs additional help in dealing with a chronic illness?

- Feelings of sadness, depression, or irritability that interrupt daily living.
- Withdrawal from school, friends, and family life.
- Loss of interest in managing their illness.
- Poor social and family support.

Consultation with Department of Psychological Medicine can provide support around whether or not a referral is needed.

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