

Has there ever been a time when you disliked yourself?

What made you feel that way and what things made you feel worse? Share one thing you love about yourself.

What would you do if someone said something negative about you in public?

Do you think your self-talk is positive or negative? What can you do to make it more affirmative?

What would you do if a friend is experiencing a mental health crisis?

What are your early warning signs that you need to take action before things get worse?

What was your first encounter with a mental health issue? How has your perception and understanding of mental health changed over time?

Black, Indigenous, and people of color and LGBTQ people face higher risks of suicide, and are more likely to have serious mental health challenges. Why do you think that is? And how does that make you feel?

Have you ever had to cut a friend or family member out of your life for your own mental health? What was that like? Did it change you?

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What do you want to see change in our world around mental health?

What do you think is your role in that change?

What can you do to make your friends be more comfortable talking to you about their own mental health and how they are feeling?

Describe a time when you felt invisible, AND a time when you felt most accepted.

What cultural pressures or generational stigmas were passed down to you regarding mental health?

What is something you learned or unlearned about mental health that has challenged you recently?

Have you ever had to leave behind a bad habit to better yourself? How did you do it?

Think about social media that sometimes makes you feel bad about yourself. Why do you continue to view the content even though sometimes it negatively impacts your mental health? What are some ways you can protect your well-being while in social media.

How has your identity changed the way you present yourself to the world?

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Do you feel safe calling 9-1-1 during a crisis? Why or why not?

What would you do if you're having a hard time getting a much-needed appointment with a therapist?

What's your biggest fear?

Have you ever felt like you were ignored just because of the way you looked? If so, has that changed how you navigate your life?

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