



Training Module 1: Mental Health 101 Discussion Questions

- 1. What is mental health?
- 2. Mental health is as important as physical health. Do you agree or disagree and why?
- 3. Name examples of everyday and overwhelming feelings.
- 4. What makes it difficult to sometimes talk about your mental health and/or ask for help?
- 5. Name a trusted adult in your life and how you could reach out to them.