



## Training Module 3: Be a Mental Health Leader Discussion Questions

- 1. Name some ways to reduce the stigma around mental health.
- 2. Go to <u>erikaslighthouse.org</u> and click "Access Programs: Login/Register" to create a Resource Portal account as a Student.
- 3. Once you have an account, view the Awareness into Action Activities and choose two that you like. Explain why you like them.