



Training Module 1: Mental Health 101

Discussion Questions

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

If you need to speak with someone immediately, please text or call 988.
If this is an emergency, please call 911.