



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.

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