



## Training Module 3: Be a Mental Health Leader

### Discussion Questions

1. Name some ways to reduce the stigma around mental health.
2. Ask your advisor to log into the Resource Portal (or log in to a shared Club Account) and explore some of the Awareness Into Action Activities. Try to find a few that seem appealing to your club.

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