

The Goal

Create a safe space for students to share their own experiences with mental wellbeing, allowing them to share and learn from each other.

Things to Remember

- Silence is ok. You do not have to fill the silence.
- Reinforce that this is a safe space, and that what is shared should not be shared outside of this time.

Questions for Breakout

1. What are some common misconceptions or stereotypes about mental health and depression that you've come across? How can we break these misconceptions?
2. What role does open communication play in breaking the stigma surrounding mental health?
3. Discuss the impact of academic pressure on students' mental health. What strategies can schools implement to help students manage stress and mental health challenges?
4. In your opinion, what are some effective ways to support yourself or a friend who might be struggling with depression or their mental health?
5. Discuss the importance of seeking professional help when dealing with severe depression or suicidal thoughts. What resources are available for students who need assistance?
6. How can we create a more inclusive and supportive environment for students who are dealing with mental health concerns, considering factors like culture and self-image?