

DISCUSSION QUESTIONS

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Out of the Shadows

1. To what degree does stigma impact our community?
2. What are we doing to elevate mental health awareness?
3. How can we ensure that our campus becomes a safe place to talk about emotions?
4. What do I now know that I did not know before about mental health?
5. Where is the counseling center on campus? What are the hours?
5. How can I personally erase stigma?
7. What types of things should I seek professional help for and what are things I can handle with friend and family support?
8. Do I know someone who needs help? How will I reach out to them?
9. Do I need help?