

# DISCUSSION QUESTIONS

## **Dr. Sally Spencer-Thomas**

*Be a Shining Light of Hope*

1. How do we know when students are struggling with emotional distress at our school? As individuals and also as an environment – what are some of the signs we see?
2. How can we reach out to those who are suffering in silence and link them to appropriate help?
3. What do we think of positioning suicide prevention and mental health promotion as social justice issues? What do we mean by that?
4. What are some actions we can take to creating a tipping point of change on campus – to get more students involved in mental health advocacy? What are some programs that have intrinsic appeal that might also deliver an important mental health message?
5. How can we engage a wider circle in our mental health promotion/suicide prevention efforts? Who are some people who can help influence opinions who we have not tapped yet? Are there some recognizable leaders who might be willing to be spokespeople for the cause? What groups (on-campus and off-) can we partner with in our efforts?
6. How can we let students know that its okay to ask for help?
7. What are the biggest obstacles students face when dealing with mental health issues on campus? How can we help them overcome these obstacles?