

DISCUSSION QUESTIONS

CAM ADAIR

- What is one thing you learned about mental health?
- What is one thing you learned about addiction?
- What can you do if you or a friend needs help with depression?
- What can you do if you or a friend needs help with addiction?
- Is there a new way you can deal with stress without using a common vice?
- What skills can you work on to connect better with others and yourself?
- What resources are available to you or someone else in need?
- How can you build self-esteem when facing rejection?
- How can you take adversity and turn it into growth?