MENTAL HEALTH: YOURS, MINE AND OURS

Discussion Questions: Starting a Community Conversation

These questions are meant as discussion starters following viewing of the video “Mental Health: Yours, Mine and Ours” that can be found at z.umn.edu/cmhpbh. This is not meant as a comprehensive list; rather, it provides a variety of starter questions that facilitators may choose from and, as appropriate, add in additional questions specific to the field in which they work.

GENERAL QUESTIONS

1. Have your thoughts about mental health and mental illness changed from watching the video? If so, how?
2. What are your thoughts on approaching children’s mental health as a public health issue?
3. What does optimal mental health look like for you?
4. What practices have you adopted in order to optimize your own mental health?
5. In your opinion, what factors influence mental health the most? Why?
6. How do neighborhoods affect children’s mental health? What actions could they take to promote children’s optimal mental health?
7. Are there any resources in your community that currently work to promote children’s mental health? If so, what are they?
8. In what ways can we work to promote optimal mental health and reduce stigma associated with mental illness in different ethnic communities?
9. What are some of the barriers/challenges to reducing the stigma associated with mental illness?
10. Do you think a family member's mental illness affects their children? If so, how?