



Mental Health Discussion Cards

What is self-care?
What are some ways we can practise self-care?

What strategies do you use to make yourself feel better if you are experiencing poor mental health, or feeling down?

'Therapy is for everyone, not just those who are experiencing poor mental health or who are diagnosed with mental health conditions.'
To what extent do you agree with this statement?

What is a support system?
How can we identify people in our lives who can support us through tough times?

Do you have to have had past trauma or bad experiences in your life to experience poor mental health?

What signs can we look for that might indicate one of our friends or someone close to us is experiencing poor mental health?

Many people say they are fine when they are not, as a default. Why do you think some mental health organisations encourage 'asking twice'?

What steps can we take as a society to work towards ending mental health stigma?

What steps should we take if someone close to us discloses that they are experiencing abuse or trauma, or having suicidal thoughts?

'It's OK to end our relationship with someone if we think they are having a negative effect on our mental health.'
Discuss this statement.



Being LGBTQ+ does not make you more prone to poor mental health, but LGBTQ+ people are more likely to develop a mental health condition than non-LGBTQ+ people. Why do you think this is, and what actions need to be taken to combat this?

How might social media contribute to poor mental health? What can we do to limit the negative impacts of social media? You may wish to think about the following factors: body image, self-esteem, social comparison, friendships, cyberbullying.

Do you think your school or learning environment does enough to support students' mental health?
How could they improve this?

Why is it important that we have open and honest discussions about mental health, and spread mental health awareness?

How can we start a conversation with someone about our mental health, if we are experiencing poor mental health or feel that we would benefit from mental health support?

How can we start a conversation with someone if we are concerned that they may be experiencing poor mental health?