

What comes to mind  
when you hear the  
phrase 'mental  
health'? What is  
mental health?

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What does good  
mental health look  
like to you?

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What does poor  
mental health look  
like to you?

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Can you think of any  
reasons that might  
stop someone from  
speaking about their  
mental health?

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Who do you find it  
easy to talk to and  
why?

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Who do you find it  
difficult to talk to and  
why?

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What action could  
you take if you feel as  
though you are  
struggling to cope?

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How can looking after  
your wellbeing  
contribute to your  
mental health?

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What's the best piece  
of advice you've ever  
been given?

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Name a song, film or  
book that has got you  
through a difficult  
time?

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When you feel sad or  
down? What do you  
do to cope?

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What helps you to  
stay positive?

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