



#talkaboutit

Conversations for Friends

Guidelines

*Thank you for participating in HopeWay's community awareness campaign, **#talkaboutit**. We hope this initiative will inspire open conversations about mental health and wellness, with the assumption that making connections with others in this way will spread hope among friends, families, and colleagues. We encourage small organic groups ranging from two to ten people to gather in person or virtually for these discussions. Some small group examples are supper or book clubs, women's or men's groups, or departments within a corporation. Below are some guidelines for having healthy conversations about what can be sensitive and personal topics.*

- **Listen:** Let each person finish their sentences and complete thoughts without interrupting – only one person should be talking at a time.
- **Avoid being judgmental:** This should be a safe place to share experiences and emotions.
- **Take everyone seriously:** Steer away from any language that may minimize or dismiss how a person is feeling, such as, "You were just having a bad month" or "Everyone goes through that."
- **Confidential:** What is discussed and disclosed during the conversation should stay within the group.
- We encourage groups to start with the first question, but if you feel like a different question might be more relatable for participants, then start with that question.
- It is ok if your group does not make it through all the questions or chooses to skip some questions - the goal is to have an open conversation.

At the conclusion of the conversation, we encourage you to print the **#talkaboutit** sign included in the materials. Please initial the sign to acknowledge the important conversation. Then snap a photo!

Post #talkaboutit

We believe that hope is contagious, so help us spread the word by posting about your experience.

- 1) Post your photo to your social media channels within two to three days of your **#talkaboutit** conversation.
- 2) Make sure to include your initialed sign.
- 3) Please include **#talkaboutit**, **#hopetalks** and tag **@hopewayclt** so we can all be connected!
- 4) On World Mental Health Day, Saturday, October 10th, 2020 post the **#talkaboutit** image (with above tags and hashtags) provided by the HopeWay team the week before, as a way to send a strong message about the importance of talking about mental health.



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Conversations for Friends

1. Discussing mental health can often feel weird and uncomfortable. What do you feel like the main barriers are to talking about mental health with your friends?
2. Do you have relationships where you can discuss topics related to mental health? If you've had these discussions, how did they go?
3. What experiences in your life, work, and/or family have influenced how you view mental health?
4. Can you remember the last time you felt really stressed and/or lonely? Did you know how to handle those feelings in a healthy manner?
5. A large part of mental wellness is finding a routine with self-care. What are some things you do every day that you find grounding or help "center" you?
6. How have you seen mental health affect you and your peers?
7. A lot of celebrities have come forward and disclosed their own personal struggles with mental health; which ones are the most inspirational to you, or stand out to you the most?
8. Have you, or anyone you consider close to you, ever been in any type of therapy before? This could include traditional talk therapy, in addition to integrative therapies such as art, music, equine, and horticulture therapy.
9. As a group, try to identify one activity you could do together that would benefit your overall mental wellness (ideally something that does not involve screen time or alcohol!).

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