



#talkaboutit

Conversations for LGBTQ+ Groups

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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1. “The greatest prison people live in is the fear of what other people think”. Do you believe that to be true? Why or why not?
2. How is the “private you” different from the “public you”?
3. Do you have people in your life that allow you to be yourself?
4. What do you see as barriers for the LGBTQ+ community when it comes to seeking mental health services? Has this changed over time?
5. What experiences in your life, work, and/or family have influenced how you view mental health?
6. What does self-care mean to you?
7. What are some healthy and unhealthy ways you cope with stress?
8. What are three things you are most proud of?
9. What does it mean to be resilient?
10. Complete the sentence: Life should be about.....

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