A Trans-generational Conversation About Mental Health

1) What comes to mind when you hear the term “Mental Health”?

2) How was Mental Health viewed when you were a teenager?

3) Does you or anyone you know deal with difficulty in managing mental health?

4) Why do you believe Mental Health is such a relevant topic today?

5) What do you believe causes Mental Health issues?

6) What actions indicate issues with Mental Health?

7) How do you feel when around people with Mental Health issues?

8) What do you believe is causing Mental Health issues today?