

MENTAL HEALTH IS HEALTH



Connecting with others is good for your mental health. Here are some questions to get the conversation started.

- What does mental health mean to you?
- What do you do to take care of your mental health?
- How are you feeling today? If you could start the day over, what would you change?
- Who do you most admire and why?
- What is your favorite thing to do with a friend and how does it make you feel?
- What are you doing right now that your future self will thank you for?
- What are 3 things you appreciate about yourself?
- How do you show your friends that you care about them?
- How do you foster connection with others?
- What is the silliest thing you've ever done? The kindest thing? The hardest thing?
- What are some of the stressors in your life right now? What are some healthy ways that you can cope with them?
- What is something you are grateful for?
- What do you want to make more time for in your life?
- What is something that you are looking forward to?
- What is something that you are proud of?
- Who can you turn to for help and support?

Mental health is health. Start the conversation.

It's okay to not be okay.
Your mental health matters.
Help is available.

Find local
resources



Northwest
Suburbs Chicago