



*New generation, new conversation*

## **Hurt to Hope Discussion Questions and Mental Health Takeaways**

**Created by SafeSpace teens**

### **Ten Discussion Questions:**

1. What is your gut reaction to this video? Do you feel this is relatable?
2. What are some specific things you could say to someone who is struggling with a mental health issue?
3. Who are the adults in your life that you feel comfortable talking to?
4. What are some indicators that a friend is struggling?
5. If your friend is having a mental health challenge, what should your first steps should be?
6. What are some reasons people are hesitant to share their feelings?
7. How can you determine if someone is at physical risk?
8. What can you say to an adult when you're worried about a friend's physical safety?
9. How do you communicate with your friends when a conversation or topic is too much for you to handle?
10. How can you support or help someone else while still maintaining your own self-care?

### **Five Mental Health Takeaways**

1. Listen first before acting on the situation
2. If the situation gets worse or you are unsure what to do, get a trusted adult involved
3. Only give advice when asked for it or ask if they would like some suggestions or support
4. Make sure you tell your friend how much you care and how much they mean to you
5. Try to surround yourself with positive people
6. Even if you feel no one will listen to you, there are always people who are willing to help

[SafeSpace](#) is a local teen-led organization that empowers young people to engage with their local schools and communities by creating and implementing initiatives to change the conversation around mental health by empowering peers to speak out, share with others and seek help when needed. Our SafeSpace Youth Action Board (SYAB) is comprised of young people from many local high/ middle schools who partner with their school faculty and community leaders to open the conversations around mental health.

For more information, refer to our [SafeSpace website](#), [SafeSpace Instagram](#) and [SafeSpace Facebook](#)