

# Community Conversations

## Mental Health and Well-being Resources

### Discussion Guide

These discussion guide will support you and your community in having important conversations about grief, loss, and mental health during difficult times. These conversations help build resilience and provide an opportunity for individuals or community groups to develop a plan to support their well-being.

When prompted by the supplemental video, pause the recording and spend some time reviewing each question below.

#### Discussion #1 Guide

1. What brings you here today?
2. What does grief mean to you?

#### Questions to consider during difficult times

1. What am I losing as an individual or as a collective?
2. What are my strengths and how can I use them during this time?
3. What other challenging transitions have I gone through? How did I heal before, and can I use those same strategies now?

#### Discussion #2 Guide

1. What resonated with you in this presentation?
2. What are some examples of how you cope in difficult times? Do you have any cultural practices that help you deal with painful situations?
3. How can we support one another?

#### Conclusion

1. What next steps are you going to take to support yourself?
2. Are there any next steps you would like to see in their community to support wellbeing?

