



Reflect and discuss

What does mental health mean to you?



Activity steps

1. Play **What does mental health mean to you?**
2. Give each participant a What does mental health mean to you? handout and walk through the contents.
3. Arrange participants into pairs or small groups and invite them to talk about and write answers to the 'reflect and discuss' questions.
4. Debrief as a larger group.
5. Give participants time to 'get creative' and share their work.

Reflect and discuss

- What are your overall thoughts about the video? What stood out most to you?
- To what degree did the perspectives match your own? Was there a particular perspective that resonated most with you? How so?
- How would you define mental health? What makes you say that?

Get creative!

Write, draw, film or use another way to communicate your definition of mental health. Share your creation with others. Or collaborate on a project that expresses a variety of voices and art forms, such as a mental health fair.