

What's one thing you do to unwind after a stressful day?

How do you prioritise your mental health in your daily life?

What's a hobby or activity that helps you feel calm and focused?

If you could give one piece of advice to your younger self about mental health, what would it be?

Can you think of a time when someone's support made a difference for your mental well-being?

What does self-care mean to you, and how do you practice it?

Why do you think it's important to talk openly about mental health?

What steps can we take to make it easier for people to ask for help?

How can we show support to someone who's struggling without making assumptions?

What does 'smashing the stigma' mean to you?

What's a daily habit that improves your mental health?

Who or what inspires you to keep going on tough days?

What's a simple way we can all make mental health care more accessible?

What words or phrases make you feel supported when you're going through a hard time?

How would you help a friend who seems overwhelmed but isn't ready to talk?

What does a safe space to talk about mental health look like to you?