



Mental Health Discussion Cards

Teacher Notes

Use this set of discussion cards to generate conversations around mental health. Each card has a question or talking point designed to get students thinking about mental health, including how to take care of their own mental health, how to support others, and what we can do as a society to combat mental health stigma.

To carry out this activity, split your class into pairs or groups. You could:

- Print off just one set of cards, give one card to each group, and ask them to have a discussion around the card in front of them.
- Print off a set of cards per group, and have them work through each card together.

At the end of this activity, you could bring the students back together to discuss their ideas.

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