

Hope for Mental Health Community

Table Discussion Guidelines

Please have someone read the following aloud to your table:

- Allow everyone the chance to speak.
- Listen respectfully, without interrupting.
- Seek to understand the person speaking.
- Your focus is on learning and supporting.
- Rather than giving advice, share what has helped or encouraged you.
- Avoid assumptions about anyone sharing.
- If someone doesn't want to share, that's OK, but show you're willing to listen.
- To help everyone to feel safe, accepted, and comfortable sharing, please keep what is shared with the group confidential.
- Please know that if you feel overwhelmed/stuck, you can always reach out to a staff member present or ask someone to join you at the table to assist.

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Community

Table Discussion Questions

February 24, 2019

Table Discussion #1

1. What do you need most from a team?
2. What does it look like to create a team as it relates to you and/or your family?
3. What might be some challenges you will face in building a team?
 - Doctor/psychiatrist, therapist/psychologist, specialist(s), support group, family/friends, someone who loves Jesus, the Church

Table Discussion #2

1. Do you have a friend, family member or loved one that has a serious mental illness and is unaware of the illness? If so, how has this impacted their acceptance of help or services?
2. As a result of this presentation, what new ideas do you have or might you try to help someone with anosognosia accept services and treatment?
3. What was the most surprising, useful or impactful message you are taking away from this presentation?



SADDLEBACK
CHURCH