

# **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.

**Hope for  
Mental Health**

Community

## **Table Discussion Questions**

**Mental Illness & Substance Use Disorder  
March 24, 2019**

### **Table Discussion #1**

1. What strategies can help you prevent a relapse?
2. What are helpful ways your loved ones can support you?
3. What are ways you can support your loved one?

### **Table Discussion #2**

1. How did today's presentation impact your understanding of substance use disorders and mental illness? Was there anything that surprised you?
2. How can you use this information to help yourself or a loved one?
3. What did you resonate with from today's message?



**SADDLEBACK  
CHURCH**

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