

**Hope for
Mental Health**
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Community

Table Discussion Questions

Suicide Prevention with Guest Speaker Dan Adams, MA
September 29, 2019

Table Discussion #1

1. What has given you strength in the difficult seasons of life?
2. What has brought you joy or made you smile this past month?
3. What do you hope to learn today?

Table Discussion #2

1. What strength (of the 8 strengths) have you grown stronger in over the past year?
2. What is your biggest take-away from today?



SADDLEBACK
CHURCH

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