

Hope for Mental Health

Community

Table Discussion Questions

**Kids & Mental Health with Guest Speaker Heather Huszti, PhD
October 27, 2019**

Table Discussion #1

1. Today as we focus on kids and mental health, what do you hope to learn?
2. Do you have a child in your life who you think might need mental health support?
3. What has been helpful in your personal journey in taking care of yourself while you support others?

Table Discussion #2

1. What did you learn today that was helpful for you?
2. What is one next step you want to take based on what you learned?
3. Which of the techniques for building resilience do you want to implement?



**SADDLEBACK
CHURCH**