

Reflection

Now that you have heard from the Jack Talk speakers and had time to speak with your peers, take some time to reflect on how you can apply these lessons to yourself.

1. If you were struggling with your mental health, which resources/supports would you most likely reach out to first? Why?
2. What is one thing (e.g. activity, choice, behaviour) you can do for yourself today to support your mental health? In what way(s) do you think this will help you?
3. What is one thing you can do for someone else today to help support their mental health? In what way(s) do you think this will help them? (Note: Remember that everyone has mental health. Someone doesn't need to be struggling to receive a kind word or deed.)
4. What question(s) do you have about mental health? What would you like to learn more about? (Optional: Explain why you would like to learn more about this.)