



**MENTAL
HEALTH
AWARENESS
WEEK**

12-18 MAY 2025

Mental Health Conversation Starters



How are you
feeling today?



What does mental
health mean to
you?



What activities
help your mental
health?



What is your
earliest memory?



Do you have any
questions you
want to ask me?



What is your dream
holiday
destination?



What have you
done recently to
make you feel
proud?

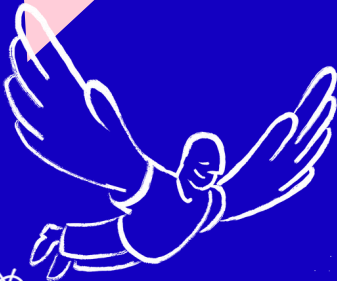


Favourite joke?

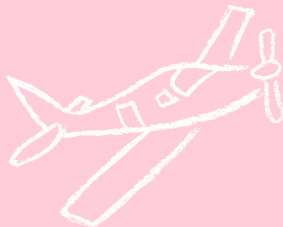
What are you
grateful today?



What would be
your super power
and why?



Who do you go to
when you need to
talk to someone?



Favourite TV
show/Movie?

