

Module 3: Mental Health Issues and Suicide

1. How would you describe your attachment to your family of origin?
2. Is there a history of mental illness in your family? If so, how did it affect your early life?
3. What do you think it means to have depression?
4. Can kids really be depressed? Or are they just stressed out?
5. What helps someone stay mentally healthy?
6. Do you have a stress identification and management plan for your family?
7. What are some of the warning signs for kids who are suicidal or at-risk?
8. What are some ways you can extend Christ's grace, love, and mercy to a child who is thinking about suicide?
9. When have you worried that your child's behavior wasn't "normal"?
10. What kind of family discussions have you had about mental health?
11. What obstacles would you have to deal with before you could confidently talk with your teens about their mental health?