



HEALTHY MINDS PTA DISCUSSION GUIDE

Your PTA can use this guide to facilitate discussions with families via focus groups or one-on-one conversations.

QUESTIONS

1. Do you know what mental health is?
 - **Share this definition:** Mental health is a state of well-being in which every individual realizes their potential, can cope with the normal stresses of life, can work productively, and can contribute to their community.
2. What are your family's biggest mental health concerns right now?
3. What are your family's biggest barriers to maintaining good mental health?
4. Do you know what Social and Emotional Learning is?
 - **Share this definition:** Social and Emotional Learning (SEL) teaches kids emotional, relationship, coping and life skills needed to successfully navigate and be resilient to life's challenges and interact with others in a positive way throughout our lives.
 - **If your school is focused on SEL:**
 - Ask families if they are aware of this.
 - Share how your school is doing.
 - **If your school is not focused on SEL:**
 - Ask families if they think it would be an important thing for your school to focus on.
5. Do you think our school creates an atmosphere that is welcoming, safe and supports good mental health?
 - **If yes,** how so? Can you give 1 example of this?
 - **If no,** why not? Can you give 1 example of this?
6. How can our school do better to create an atmosphere that is welcoming, safe and supports good mental health?
7. Did you know the names of our school's mental health support team and how to contact them?
8. Have you ever talked to our school's {insert what type of support personnel your school has: counselor, psychologist, nurse} about any mental health concerns about your child or mental health issues they may be having?
 - **If yes,** can you share who you talked to?
 - **If no,** do you think you would if you thought your child needed help?



PTA

HEALTHY LIFESTYLES

9. {If your school has additional mental health services and programs ask question 9. If not skip to question 10.}

Has your child ever talked to our school's {insert what type of support personnel your school has: counselor, psychologist, nurse} about any mental health or issues they have?

- **If yes**, did it help them?
- **If no**, do you think they would if they thought they needed help or someone to talk to?

10. Do you know about these other mental health services or programs at our school?

- **Briefly describe** what other mental health services or programs your school offers.
- **If families were aware of these, ask:**
 - Have you or your child ever used these?
 - Were they helpful? Why or why not?
 - How could they be improved?
- **If families were not aware of these, ask:**
 - Would you or your child ever use these? Why or why not?

11. Do you know of any mental health services and supports available in our community?

12. Have you ever used any community-based mental health services and supports?

- **If families answer yes, ask:**
 - Do you feel comfortable sharing which one?
 - Were they helpful? Why or why not?
 - Would you recommend this organization to other families?

13. Do you think our PTA can help support the mental health of families at our school?

- **If yes**, what do you think our PTA could do?
- **If no**, why not?

14. Is there anything else you would like to share?

