

ADVANCE THE CONVERSATION

college edition

**table topics for
friends +
roommates**



What words,
ideas, celebrities,
and movies come
to mind when you
hear "mental
health"?



why is talking about mental health awkward?



what are the first
3 words that come
to mind when I say
"happy"?



**how are you
really doing?**



who is "your
person"?





**what celebrity
inspires you and
why?**

do you think
social media
affects mental
health?



**how do you cope
with stress?**

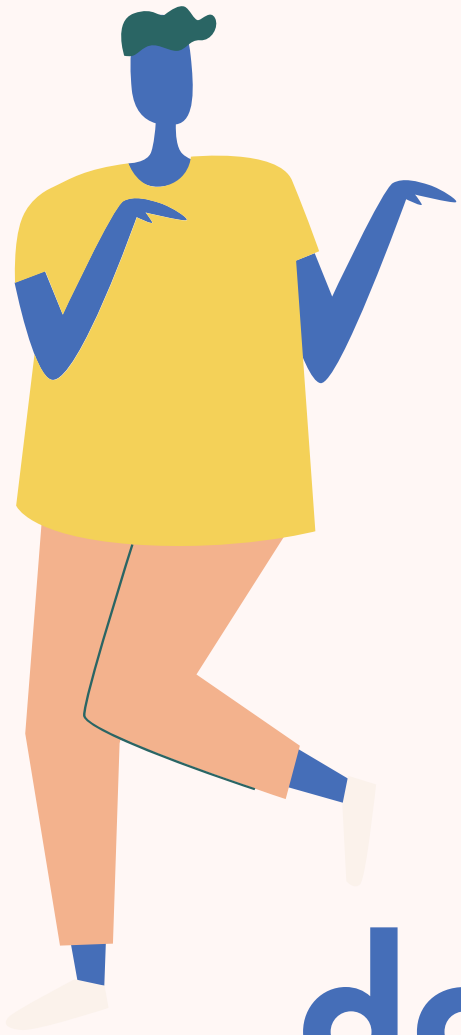




**what does your
self-care routine
look like?**

**what do you
want people to
understand
about you?**





need help?

suicide hotline:

1-800-273-8255

domestic violence:

1-800-799-7233

mental health blog:

[https://psychcentral.co](https://psychcentral.com/)

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