

Let's Talk About Mental Health

The evidence is all around us—people of all ages are struggling with their mental health like never before. And not acknowledging the struggle isn't helping. So that's what we are going to do at The Hills—talk about mental health. We invite you to join us for a conversation that will be full of honesty, compassion, and hope...because Jesus is being invited too.

Week 7: Let's Talk About Mental Health and Families (with Stephanie Hunter)

1. Did you grow up in a home that talked openly about mental health? In either case, why do you think that was?
2. What are the greatest mental health challenges you are witnessing among kids and teens today?
3. What are some best practices for a family to promote better mental health? What things can they do more, and what things might they need to do less?
4. What are some best practices for a family who has a member who struggles with their mental health?
5. Why is it important for parents to model physical, mental, and spiritual health? What specific things have you done, or seen others do, in this regard?
6. What role does faith play in a families' mental health? Follow up: What Bible verses have been most helpful to you in this area?
7. Close by talking about how your family is doing right now, and spend time praying for each other.

