**#308 Conversations – Facilitator Questions**

#1. How do we best *overcome the stigma surrounding suicide and mental distress,* as individuals and as a community?

* **What are some ideas to break down stigma related to suicide?**
* **What is your greatest hope?**

#2. How do we ensure people in our region are comfortable *discussing suicide prevention and mental distress* and can do so in a safe fashion?

* **What are your biggest fears when talking about suicide?** (in your home, in your place of business, in your recreational activities).
* **What do you need to be more comfortable?**

#3. Suicide prevention may be a mental health issue, but it’s also a public health challenge. Are we doing enough in *suicide prevention from a public health perspective*?

* **What is the greatest barrier for you to do more?**
* **In a mental health crisis, what would be important for your family/you/a colleague/ a friend?**

#4. There are an immense range of resource available to promote mental health and prevent suicide. *How do we get these tools into the hands of the people who need them?*

* **What is one thing you could do tomorrow?**