

# The Philosophers' Yard Meet-Up

on the topic of Mental Health

*Please take a moment to reflect on the questions below. If any of them resonate with you, feel free to spend some time thinking about it and if you feel at ease, try sharing the question with another participant at this event. Questions can be skipped.*

**Please note that this meetup is intended for philosophical discussion only. We do not provide mental health advice, diagnosis, or therapeutic support. If you are currently experiencing distress or believe you may need professional assistance, we strongly encourage you to reach out to a mental health professional or crisis support service.**

Crisis support service lines available at the QR code below



or Google "Where to get urgent help for mental health NHS" for the same page

**On a scale of 1 to 10, how comfortable are you discussing your personal mental health?** Feel free to share your comfort level with others before discussing.

1. When you hear the phrase “mental wellbeing”: what’s the first idea, metaphor, or image that comes to mind?
2. What is one habit or practice that helps you feel better during a stressful week?
3. How do you balance mental health with ongoing life responsibilities?
4. Do you have a self-care routine? What is it like? How does it make you feel?
5. How much has the way we speak about mental health changed throughout generations? What changed, and why do you think that is?
6. How do you think society today distinguishes between everyday emotional struggles and mental health conditions?
7. When it comes to mental health challenges, how should we balance the focus between the person and external factors like socio-economic pressures or technology?
8. What is the approach to mental health in your culture / background?
9. Does your current profession have mental health challenges? If so, what are they?
10. To what extent do you think mental health diagnoses are shaped more by concerns about productivity and social expectations, than by actual health?