



MY STORY GAVE  
HER HOPE.

Be Heard. Break the Stigma.



STRENGTHENING  
YOUTH & FAMILIES

## BELOW ARE SOME PROMPTS THAT MAY BE HELPFUL IN WRITING YOUR STORY.

1. Write about a time you felt hope.
2. What is one thing you wish people understood about you?
3. Who is someone who helped you along your mental health journey, and how?
4. How do your symptoms impact your daily life?
5. How have you overcome a challenge with your mental health?
6. How does medication help you with your mental health?
7. How do you know when you are feeling better?
8. What do you do to take care of yourself?
9. Describe your safe space, and what makes it so safe.
10. What helps you feel like yourself?
11. A milestone in my mental health journey was...
12. Describe a situation in which you helped someone else. How do you think it made them feel? How did it make you feel?
13. What inspires you?
14. What makes you feel fulfilled?
15. What advice would you give someone who is struggling on their mental health journey?
16. What is one of your favorite quotes? How does it reflect on your mental health journey?
17. Describe your favorite coping skill, and how it has helped you.
18. What I wish others understood about my family is...
19. Write about a service provider you felt was helpful to you. How were they helpful?
20. Write about when you told your caregivers/family that you were struggling with your mental health.
21. Write about a song that is meaningful to you and your mental health journey.
22. Why do you think there is so much stigma surrounding mental health? What could help reduce it?
23. If you could explain to someone what it feels like to live with mental illness, what would you say?
24. Write about one of your favorite quotes and how it relates to your mental health journey.
25. What does self-love mean to you?
26. If you could tell your treatment team how you want to be treated and what you want from them, what would you say?
27. Describe a time you reached out for help.