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# Youth Mental Health Awareness Reflection Sheet

## Equipped



A CALGARY YOUTH JUSTICE  
SOCIETY PROGRAM

[cyjc.ca](http://cyjc.ca)



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Mental Health Awareness Course Reflection Questions

**Question 1- Topic (What is Mental Health)**

**"Everyone Has Mental Health"**

**What does this quote mean to you?**

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**Question 2- Topic (Celebrities with Mental Health Conditions)**

**Do you know any other celebrities who have been open about their mental health experiences?**

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**Question 3- Topic (Effects of Stigma)**

**What stigmatizing statements have you heard?**

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**Question 4- Topic (Pathways to Recover)**

**Take some time to brainstorm your pathways to recovery in your mental health journey**

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