

Name _____

Breaking the Silence: Confronting Mental Health Stigma

Open-Ended Response Questions

1. How does the narrative highlight the impact of mental health stigma on individuals and society as a whole?
2. Reflect on the importance of education and awareness in addressing mental health stigma, using examples from the narrative.
3. Discuss the role of storytelling in challenging mental health stigma, and why sharing personal experiences is important.
4. Why does the author believe that change is possible in breaking the stigma surrounding mental health, and how does the narrative convey this sense of hope?

