

	Priority?	Trauma sensitive?
Warm-up/Icebreaker		
Please describe your favorite form of self-care.		
Introduction		
When I say “mental health” or “mental wellbeing,” what comes to mind?		
What stresses you out?		
Engagement & experience with mental health services		
What do you do when you’re stressed out? Where or who do you turn to when you are stressed out or to learn more about available mental health services?		
Can you tell me about how you decided to get help for your mental wellbeing? What was that process like? What is most important to you when you look for care?		
Can you tell me about a recent successful experience you had with mental health services? Probes: What did you like about it? What made it a success?		
How do other young people cope with the mental health challenges or stressors they are facing? Probes: talk to other youth, see counselors, risky behaviors, etc.?		
Facilitators (enablers)		
What helped you get the care you were looking for? What resources supported you in your process? What worked well?		
Are there enough resources to support young people who struggle with their mental well-being? Can you share the resources you know about?		
Barriers/challenges		
What barriers to getting mental health, wellness, and care did you face? Probes: Insurance? Availability? Provider preference? Difficulty navigating systems? Stigma?		
Lessons learned		
Thinking back to your most recent mental health service or treatment, what would have made the process or experience easier for you? What do you wish could be different in the future?		
How can the community better support young people with the mental health experiences we talked about today?		
Do you have any suggestions or recommendations on how services can be improved?		
Closing Questions		
As we wrap up our discussions, is there anything anyone wants to share that they feel like wasn’t covered in today’s group discussion?		
Additional questions?		