

## FREQUENTLY ASKED QUESTIONS

### A Seat at the Table: For Mental Health

**Why May?** May is Mental Health Month and there is no better time to discuss one of the most pressing issues of our time: the importance of mental health to overall health.

#### **What does a host do?**

A host identifies their audience and then picks a time to host a conversation. Read up on some of our toolkits to find a conversation that is right for your friends, family, colleagues. Ideas and information to help you host a constructive conversation can be found [here](#).

#### **How do I sign up?**

Follow this link to register: [Click here](#). You will enter your name, email, audience, and location of conversation.

#### **Where and when can I host a conversation?**

We strongly encourage everyone to host a virtual conversation unless it is in the home with people you live with. The sweet spot for a constructive conversation is between 45-60 minutes and it never hurts to have food! We also encourage you to have a conversation at any time during the month of May – but believe the conversation itself is more important than when you have it. Meeting software such as GoToMeeting, Skype, FaceTime, Zoom, Webex or Google Hangouts can make this easy and fun.

**Who do I invite to my conversation?** You are the host, you decide who has a seat at the table– friends and family, neighbors, colleagues, community members, etc. With conversation at the heart of this event, we recommend keeping it small - 8-12 guests at each gathering. We also strongly encourage you to have an individual at the table with personal experience with mental health or substance use challenges.

**What should we talk about?** Within the general frame of mental health and addiction, you can determine if you would like to have a specific focus. You can talk generally or hone in on a particular question. [Click here](#) for one-page toolkits that cover the following topics:

- Community Violence & Child Trauma (Including Adverse Childhood Experiences)
- Mental Health and Addiction on Campus
- Mental Health Parity
- Mentally Healthy Work-Place
- Suicide
- Opioid Crisis
- Employment for People with Mental Health Conditions
- Disability Community
- Substance Use
- Racial and Ethnic Disparities re: Access to Care
- Medical Necessity
- Covid-19

For more tips about how to open a dialogue with those you love and with those around you, please visit: <https://www.mhanational.org/mental-health-month>

**Can I host more than one conversation?** Yes – the more the better! When [registering](#), simply add the amount of people you will host over the course of the month. If you plan to host a large event through your institution, or many conversations throughout the month, simply add up the number of people you expect to participate.

**How do I get my entire organization involved?**

We encourage large scale efforts by people and organizations, whether it is school, church, workplace, or a community-based organization. The Kennedy Forum can help you plan for these conversations and help you find an appropriate topic of conversation. [Contact us for more information](#).

**How will my contact information be used once I sign up to host or participate in a conversation?**

Contact information submitted via the registration form will not be shared outside of The Kennedy Forum. Hosts will receive emails providing additional information, resources and opportunities to share stories, provide feedback and get involved. You can unsubscribe from these communications at any time.

**What social media tags will be used for the event?**

**Twitter:** @KennedyForum

**Facebook:** @KennedyForumIllinois

**Instagram:** @KennedyForum

**Hashtags include:** #TKFMentalHealthMonth2020 #MentalHealth #MentalHealthMonth2020 #BreaktheSilence

**Why are conversations about mental health so important?**

Talking about mental health is both a means and an end. Conversations themselves help to fight stigma by increasing understanding, awareness, and acceptance. Discussions across stakeholders can help identify pathways to solutions and create new partnerships to drive progress.

Over the past five years, The Kennedy Forum has generated over 500 conversations reaching over 10,000 people to combat stigma through face to face conversation. We believe this is a perfect platform to support and encourage more dialogue—and more solutions—on issues related to mental health. We hope you will join us this year.

**What is The Kennedy Forum Illinois?**

The Kennedy Forum Illinois is a united campaign to end the stigma against mental health and substance use disorders. You can learn more about our work [here](#).

**I need help! How can I reach someone at The Kennedy Forum Illinois?**

We are here to help you. Please feel free to contact us at [general@thekennedyforum.org](mailto:general@thekennedyforum.org). We can help you identify possible discussion topics, provide you with resource materials, and support your outreach efforts.