

Megan's Story



ISSUES FOR REFLECTION AND DISCUSSION

Start by watching Megan's Story

After you've watched the video of **Megan's story**, read and think about the questions in each box. If you're doing this by yourself, write down your thoughts in the box. If you're doing this by yourself, write down your thoughts in the box. If you're doing it as part of a group, talk to each other about each question before writing anything down. Please remember, this is not a test. All thoughts and ideas are welcome.

Megan talked about her feelings of loneliness and feeling disconnected from other people. In what ways do you think loneliness and mental health difficulties are connected?

Megan also talked about keeping everything bottled up and then bursting into tears one day. What do you think stops young people reaching out for support when they need it?

WANT TO LEARN MORE ABOUT LONELINESS, MINDING YOUR MENTAL HEALTH & GETTING SUPPORT?

You'll find lots of information, personal stories and more about these issues on www.SpunOut.ie and www.jigsaw.ie