

Words Matter...
Let's talk
about the language of
mental health

Let's Talk Mental Health in New Hampshire
December 6, 2022

Let's Talk Mental Health in NH

*Engaging in compassionate and intentional conversations
to address discrimination and inspire change*

- Jude Grophear
- Martha Hewitt
- Bernie Seifert
- Michelle Wagner
- Cynthia Whitaker



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Agenda

*Engaging in compassionate and intentional conversations
to address discrimination and inspire change*

- Welcome
- Connect to Purpose
- Insight
- Crowdsourcing Stories
- Committing to Action

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Feeling Seen, Heard, and Supported

Consider assigning a Notetaker and Timekeeper in your group.

Step 1: Share story and top 1 or 2
Most Effective qualities/characteristics
(one at a time, 60 seconds each)

Step 2: Identify Themes & Energizing Ideas

Step 3: Create your Output: 1 to 3 word title
and a 1-sentence description

Notes

7

What is your greatest takeaway from today?

What is an action you could take in the next 30 days based on
what you heard today?

What's the first thing you could do today or tomorrow?

8

Notes



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Select References

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Thank You

Join the Let's Talk Mental Health in
New Hampshire Facebook Group to
continue the conversation



<https://www.facebook.com/groups/ltnhnh/>
