1. **Understanding Mental Health Stigma in Faith Communities**

   - How does mental health stigma manifest in your faith community?
   - Why do you think mental illness is often misunderstood or stigmatized in religious settings?
   - What impact does stigma have on individuals struggling with mental health within faith traditions?

2. **Cultural and Doctrinal Influences on Mental Health Perceptions**

   - How does mental health stigma manifest in your faith community?
   - Why do you think mental illness is often misunderstood or stigmatized in religious settings?
   - What impact does stigma have on individuals struggling with mental health within faith traditions?

3. **The Role of Faith Leaders in Reducing Stigma**

   - How do faith leaders influence mental health perceptions—both positively and negatively?
   - What practical steps can faith leaders take to create safe spaces for open conversations about mental health?
   - How can faith leaders integrate mental health education into sermons, pastoral counseling, and community programs?

4. **Balancing Faith and Professional Mental Health Care**

   - How can faith and professional mental health care complement each other in supporting individuals?
   - What examples can you think of where spiritual and professional support have helped someone overcome mental health challenges?
   - How can religious communities integrate mental health resources, such as counseling and education, into their spiritual practices?

5. **Breaking the Silence and Taking Action**

   - How can faith and professional mental health care complement each other in supporting individuals?
   - What examples can you think of where spiritual and professional support have helped someone overcome mental health challenges?
   - How can religious communities integrate mental health resources, such as counseling and education, into their spiritual practices?