

# Guardian Angel Wellness

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## **HOST A COMMUNITY CONVERSATION FACT SHEET**

A simple, powerful way to end stigma where you live.

### **Purpose:**

To create a safe, welcoming space where people can talk openly about mental health, share lived experiences, learn together, and reduce stigma through meaningful connection.

### **Who Can Host:**

Anyone committed to compassion, dignity, and inclusive dialogue — community members, organizations, leaders, volunteers, or advocates.

### **Ideal Group Size:**

6–20 people.

Small enough for vulnerability, big enough for diverse voices.

### **Recommended Time:**

45–60 minutes

### **What You Need:**

- A quiet, comfortable space
- Chairs arranged in a circle or semicircle
- The Conversation Kit (discussion guide, reflection prompts, talking points)
- Optional: light snacks, water, notepads

### **Core Principles for Hosting:**

1. Create Safety — Use non-judgmental language. Normalize feelings.
2. Honor Each Voice — No interrupting. No advice unless invited.
3. Confidentiality — What's shared in the room stays in the room.
4. Lead With Compassion — Curiosity over criticism.
5. Center Dignity — People are not diagnoses.
6. Empower, Don't Fix — This is a space for understanding, not treatment.

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## **DISCUSSION GUIDE (PAGE 1)**

### **Opening Script (Host Reads Aloud)**

“Thank you for being here. Today we’re creating a space where honesty feels safe and no one has to hide. You do not need to share anything you’re not comfortable with. We’re here to listen, learn, and support one another with compassion.”

### **Suggested Flow (45–60 min)**

1. Welcome & Purpose (3 min)
2. Community Agreement (2 min)
  - Confidentiality
  - Respect
  - Listen to understand
3. Warm-Up Question (5 min)
4. Main Discussion (25–30 min)
5. Reflection Round (5–10 min)
6. Closing Statement (2 min)

### **Warm-Up Questions (Choose One):**

- “What does mental wellness mean to you personally?”
- “Who was someone that made you feel seen when you needed it?”
- “What’s one thing you wish people understood about mental health?”

### **Main Discussion Questions:**

- “How has stigma affected you or someone you love?”
- “What would a stigma-free community look like?”
- “What barriers do people face when trying to get help?”
- “What acts of compassion make the biggest difference?”

### **Closing Script**

“Thank you for showing up with honesty and courage. Change begins when conversations begin. You have helped make our community safer today.”

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## **2. REFLECTION PROMPTS (PAGE 2)**

**(These can be printed on half a sheet for participants.)**

### **Personal Reflection Prompts**

- What part of today's conversation stayed with you the most?
- Did anything challenge your previous beliefs or assumptions?
- What is one action you feel inspired to take after today?

### **Community Action Prompts**

- What support systems does our community need more of?
- How could we make mental health conversations easier to start?
- Who else would benefit from joining a future conversation?

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## **3. TALKING POINTS (PAGE 3)**

(Short, bold, easy for hosts to reference.)

### **Key Talking Points for Hosts**

- Mental illness is common and treatable.
- Stigma — not symptoms — is often the biggest barrier to seeking help.
- No one should go through mental health challenges alone.
- Language matters.
- Community support reduces isolation and increases healing.
- Mental health is a right, not a luxury.
- Everyone can help end stigma — no credentials required.

### **Reminders for Hosts**

- You're guiding, not teaching.
- You don't need clinical answers — compassion is enough.
- If someone expresses crisis-level concerns, gently offer crisis resources (988).
- Keep conversations grounded in dignity, empathy, and clarity.