

Facilitator Guide

Mental Health Ally Training Discussion

Mental Health Ally Training was built in partnership with Attensi to be nuanced, subjective, and at times even difficult and uncomfortable. If you felt any of those feelings during game-play, you're not alone. We encourage you to lean in and use these discussion questions to help spark dialogue with your fellow faculty & staff.

- How did you feel playing the simulation?
- Were there moments where you disagreed with the action? If so, what and why?
- What conversation felt most and least natural for you?
- Was there a particular scenario or decision you struggled with more than others?
- After this training, how do you feel about approaching a student that looks visibly stressed?
- Have you had an experience with a student that, after completing this training, you see in a different light?
- Which scenario felt closest to an encounter you've either had, or could see yourself having with a student?



sso.csulb.edu

