

## Small Group Discussion Questions

Watch the course together with your small group, either in person or virtually. Continue the learning and healing process by using these questions to incite meaningful conversation.

### Barriers to Treatment

Intended Facilitator: Clinician, provider, mental health practitioner

Intended Audience: Healthcare providers

- What can we do or say to help reduce the stigma associated with receiving mental health treatment?
- How can we help the servicemember or Veteran understand that it's okay seek mental health treatment?
- In what ways is pursuing goals in therapy similar to pursuing goals during military training?

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