



DISCUSSION QUESTIONS

EPISODE 26: FACING MENTAL HEALTH ISSUES TOGETHER

featuring Will and Lucinda Van Der Hart

1. How can you provide a safe place for your spouse when they need it?
2. Are there any imbalances in your relationship? How can you create more equality?
3. What support networks can you call on in times of difficulty?
4. Will described emotional health as a garden that we need to keep weeding. How can you prioritise this?
5. If you are supporting your partner through a time of mental health difficulty, how can you ensure that you're also looking after yourself?

