

SAMTALEKORT

A

B

C

FOR  
MENTAL  
SUNDHED

A young child is sitting on the ground, focused on a task. The image is overlaid with a teal color and large white letters 'A', 'B', and 'C' stacked vertically. The child is shirtless and appears to be working with small objects or plants.

A

B

C

FOR  
MENTAL  
SUNDHED

## Sådan spiller du

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Find et vilkårligt kort  
og læs det højt for  
din(e) medspiller(e).  
I skiftes til at besvare  
spørgsmålet og  
dele refleksioner og  
erfaringer.

A woman wearing sunglasses and a dark jacket is pushing a baby stroller on a dirt path. The stroller contains two children. To the right, a man wearing a cap and glasses is riding a bicycle. The entire scene is overlaid with a purple tint. Large white letters 'A', 'B', and 'C' are positioned vertically in the center of the image.

A

B

C

FOR  
MENTAL  
SUNDHED

Hvornår  
har du sidst  
gjort noget  
godt  
for andre?



A

B

C

FOR  
MENTAL  
SUNDHED

Hvilke  
fællesskaber er  
betydningsfulde  
for dig?

A young child is sitting on the ground, focused on a task. The image is overlaid with a teal color and the letter 'A'.

A

B

C

FOR  
MENTAL  
SUNDHED



Hvordan  
slapper du  
bedst af?

A woman in a dark jacket and sunglasses pushes a bicycle with a child seat containing two children. A man in a grey jacket and beanie rides a bicycle to the right. The scene is outdoors on a dirt path with a grassy background.

A

B

C

FOR  
MENTAL  
SUNDHED

Hvilke aktiviteter  
i hverdagen  
gør dig glad?



A

B

C

FOR  
MENTAL  
SUNDHED

Hvad vil  
du gerne  
gøre mere af?

A young child is sitting on the ground, focused on a task. The image is overlaid with a teal color and large white letters 'A', 'B', and 'C' stacked vertically. The child is shirtless and appears to be working with small objects or plants.

A

B

C

FOR  
MENTAL  
SUNDHED

Hvornår  
føler du dig  
engageret?

A woman wearing sunglasses and a dark jacket is pushing a baby stroller on a dirt path. The stroller contains two children. To the right, a man wearing a cap and glasses is riding a bicycle. The entire scene is overlaid with a purple tint. Large white letters 'A', 'B', and 'C' are positioned vertically in the center of the image.

A

B

C

FOR  
MENTAL  
SUNDHED



Hvad  
brænder  
du for?



A

B

C

FOR  
MENTAL  
SUNDHED

Hvilke gode ting  
har du oplevet den  
seneste uge?

A young child is sitting on the ground, focused on a task. The image is overlaid with a teal color and large white letters 'A', 'B', and 'C' stacked vertically. The child's face is partially obscured by the letter 'A'.

A

B

C

FOR  
MENTAL  
SUNDHED

Har du erfaring  
med foreningsliv?

Hvis ja, hvad har du  
været en del af?

A woman wearing sunglasses and a dark jacket is pushing a baby stroller on a dirt path. The stroller contains two children. To the right, a man wearing a cap and glasses is riding a bicycle. The entire scene is overlaid with a purple tint. Large white letters 'A', 'B', and 'C' are positioned vertically in the center of the image.

A

B

C

FOR  
MENTAL  
SUNDHED

Hvordan bliver  
en samtale  
med en ven  
meningsfuld  
for dig?



A

B

C

FOR  
MENTAL  
SUNDHED



Hvad sætter du  
pris på i  
et venskab?  
Og hvorfor?

A young child is sitting on the ground, focused on a craft project. The child is shirtless and has dark hair. They are holding a piece of fabric or paper and appear to be stitching or sewing. The background is a blurred natural setting with green foliage. The entire image is overlaid with a semi-transparent teal color. In the center, the letters 'A', 'B', and 'C' are stacked vertically in a white, minimalist font. At the bottom, the text 'FOR MENTAL SUNDHED' is written in a white, sans-serif font.

A

B

C

FOR  
MENTAL  
SUNDHED

Hvad får  
dig til  
at grine?

A woman wearing sunglasses and a dark jacket is pushing a baby stroller on a dirt path. The stroller contains two children. To the right, a man wearing a cap and glasses is riding a bicycle. The entire scene is overlaid with a purple tint. Large white letters 'A', 'B', and 'C' are positioned vertically in the center of the image.

A

B

C

FOR  
MENTAL  
SUNDHED

Hvad  
giver dig  
energi?



A

B

C

FOR  
MENTAL  
SUNDHED

Hvad føles  
meningsfuldt  
for dig?

A young child is sitting on the ground, focused on a task, possibly playing with sticks or small objects. The image is overlaid with a semi-transparent teal color. Large, white, stylized letters 'A', 'B', and 'C' are arranged vertically in the center of the frame. The child's face is partially obscured by the letter 'A'.

A

B

C

FOR  
MENTAL  
SUNDHED



I hvilke  
sammenhænge  
oplever du  
glæde?

A woman wearing sunglasses and a dark jacket is pushing a baby stroller on a dirt path. The stroller contains two children. To the right, a man wearing a cap and glasses is riding a bicycle. The entire scene is overlaid with a semi-transparent purple filter. Large white letters 'A', 'B', and 'C' are positioned vertically in the center of the image.

A

B

C

FOR  
MENTAL  
SUNDHED

Hvad er  
en god dag  
for dig?



A

B

C

FOR  
MENTAL  
SUNDHED

Hvilke  
fællesskaber  
tiltaler dig?  
Og hvorfor?

A young child is sitting on the ground, focused on a task, possibly playing with sticks or small objects. The image is overlaid with a semi-transparent teal color. Large, white, stylized letters 'A', 'B', and 'C' are arranged vertically in the center of the frame. The child's face is partially obscured by the letter 'A'.

A

B

C

FOR  
MENTAL  
SUNDHED

Hvad kan du lide  
at bruge dine  
weekender på?

A woman in a dark jacket and sunglasses pushes a baby stroller with two children inside. A man in a grey jacket and cap rides a bicycle on a dirt path. The scene is overlaid with a purple tint and large white letters 'A', 'B', and 'C'.

A

B

C

FOR  
MENTAL  
SUNDHED



Hvis du skal  
bevæge din krop,  
hvad giver så  
mening for dig?



A

B

C

FOR  
MENTAL  
SUNDHED

Hvilke  
fritidsaktiviteter  
har du gode  
minder fra?

A young child is sitting on the ground, focused on a task. The image is overlaid with a teal color and large white letters 'A', 'B', and 'C' stacked vertically. The child is shirtless and appears to be working with small objects or plants.

A

B

C

FOR  
MENTAL  
SUNDHED

Hvis du skal  
gøre mere af det,  
der gør dig glad,  
hvad skal det  
så være?

A woman wearing sunglasses and a dark jacket is pushing a baby stroller on a dirt path. The stroller contains two children. To the right, a man wearing a cap and glasses is riding a bicycle. The entire scene is overlaid with a semi-transparent purple filter. Large white letters 'A', 'B', and 'C' are positioned vertically in the center of the image.

A

B

C

FOR  
MENTAL  
SUNDHED

Er du  
medlem af  
en forening?



A

B

C

FOR  
MENTAL  
SUNDHED



Hvad har værdi  
for dig i  
din hverdag?

A young child is sitting on the ground, focused on a task. The image is overlaid with a teal color and large white letters 'A', 'B', and 'C' stacked vertically. The child is shirtless and appears to be working with small objects or plants.

A

B

C

FOR  
MENTAL  
SUNDHED

Gør du noget  
for at holde dig  
mentalt aktivt?

A woman wearing sunglasses and a dark jacket is pushing a baby stroller on a dirt path. The stroller contains two children. To the right, a man wearing a cap and glasses is riding a bicycle. The entire scene is overlaid with a purple tint. Large white letters 'A', 'B', and 'C' are positioned vertically in the center of the image.

A

B

C

FOR  
MENTAL  
SUNDHED

Hvad er dine  
erfaringer  
med frivilligt  
arbejde?



A

B

C

FOR  
MENTAL  
SUNDHED

Drømmer du  
om at komme  
ud og rejse?

A young child is sitting on the ground, focused on a task, possibly playing with sticks or small objects. The image is overlaid with a semi-transparent teal color. Large, white, stylized letters 'A', 'B', and 'C' are arranged vertically in the center of the frame. The child's face is partially obscured by the letter 'A'.

A

B

C

FOR  
MENTAL  
SUNDHED



Hvornår har du  
det sjovt?

A woman in a dark jacket and sunglasses pushes a baby stroller with two children inside. A man in a grey hoodie and cap rides a bicycle on a dirt path. The scene is overlaid with a purple tint and large white letters 'A', 'B', and 'C'.

A

B

C

FOR  
MENTAL  
SUNDHED

Hvad  
kunne du godt  
lide at lave,  
da du var barn?



A

B

C

FOR  
MENTAL  
SUNDHED

Har du  
erfaring med at  
hive nogen, du  
kender, med ind i  
et fællesskab?

A young child is sitting on the ground, focused on a task, possibly playing with sticks or small objects. The image is overlaid with a semi-transparent teal color. Large, white, stylized letters 'A', 'B', and 'C' are arranged vertically in the center of the frame. The child's face is partially obscured by the letter 'A'.

A

B

C

FOR  
MENTAL  
SUNDHED

Nævn én ny ting,  
som du gerne  
vil lære.

A woman wearing sunglasses and a dark jacket is pushing a baby stroller on a dirt path. The stroller contains two children. To the right, a man wearing a cap and glasses is riding a bicycle. The entire scene is overlaid with a semi-transparent purple filter. Large white letters 'A', 'B', and 'C' are positioned vertically in the center of the image.

A

B

C

FOR  
MENTAL  
SUNDHED



Hvis du  
skulle vælge  
en magisk evne,  
hvad skulle  
det så være  
og hvorfor?



A

B

C

FOR  
MENTAL  
SUNDHED

Hvornår  
har du sidst  
gjort noget godt  
for dig selv?

A young child is sitting on the ground, focused on a task. The image is overlaid with a teal color and the letter 'A' in white. The child is shirtless and appears to be working with some small objects or plants.

A

B

C

FOR  
MENTAL  
SUNDHED

Hvornår har du  
sidst lavet  
noget kreativt?  
Og hvad?

A woman wearing sunglasses and a dark jacket is pushing a baby stroller on a dirt path. The stroller contains two children. To the right, a man wearing a cap and glasses is riding a bicycle. The entire scene is overlaid with a purple tint. Large white letters 'A', 'B', and 'C' are positioned vertically in the center of the image.

A

B

C

FOR  
MENTAL  
SUNDHED

Hvordan er  
dit forhold  
til naturen?



A

B

C

FOR  
MENTAL  
SUNDHED



Hvis du skulle  
gå til noget nyt,  
hvad skulle  
det så være?

A young child is sitting on the ground, focused on a craft project. The child is shirtless and has a teal overlay on the image. The letter 'A' is prominently displayed in white, centered over the child's face.

A

B

C

FOR  
MENTAL  
SUNDHED

Hvad er et frirum  
for dig?

A woman wearing sunglasses and a dark jacket is pushing a baby stroller on a dirt path. The stroller contains two children. To the right, a man wearing a cap and glasses is riding a bicycle. The entire scene is overlaid with a purple tint. Large white letters 'A', 'B', and 'C' are positioned vertically in the center of the image.

A

B

C

FOR  
MENTAL  
SUNDHED

Har du et  
trivselstip?



A

B

C

FOR  
MENTAL  
SUNDHED

Hvornår  
har du sidst  
lavet noget  
kulturelt?

Formålet med disse samtalekort er at igangsætte samtaler om mental sundhed.

Allerede ved at øge vores bevidsthed om mental sundhed styrker vi både vores egen og andres mentale sundhed og trivsel.

Disse samtalekort har fokus på sundhedsfremme og er ikke rettet mod forebyggelse af mistrivsel eller behandling af psykiske problemer. Hvis du har behov for at tale med nogen, kan du kontakte din læge eller henvende dig til Psykiatrifondens Rådgivning.

Se mere om ABC for mental sundhed ved at scanne QR-koden:

