

Mind Matters: Understanding Mental Health

Health Education · Answer Key · 6 Questions

1. Which statement best describes good mental health?

- A) It means never feeling sad or angry.
- B) It is a state of well-being where an individual can cope with life's stresses, work productively, and contribute to their community.**
- C) It means having no physical illnesses.
- D) It is only about being happy all the time.

2. If a young person is struggling with their mental health, who is a trusted adult they can talk to for support?

- A) Only a specialized doctor.
- B) A parent, teacher, school counsellor, or another trusted adult.**
- C) Only friends their own age.
- D) No one, they should keep it to themselves.

3. Which of the following is a healthy habit that can positively impact a person's mental well-being?

- A) Staying up late every night playing video games.
- B) Avoiding all social interaction.
- C) Getting regular physical activity and enough sleep.**
- D) Ignoring feelings of stress or sadness.

4. What does 'mental health stigma' refer to?

- A) A common type of mental illness.
- B) The positive attitude society has towards mental health.
- C) Negative and unfair beliefs or attitudes about people with mental health conditions.**
- D) A scientific term for brain function.

5. Is it normal to experience a range of emotions, including sadness, anger, and happiness?

- A) No, healthy people only feel positive emotions.
- B) Yes, all humans experience a wide spectrum of emotions as a normal part of life.**
- C) Only people with mental health conditions experience negative emotions.
- D) Emotions are not real, they are just thoughts.

6. When might it be important for a young person to seek professional help for their mental health?

A) Only when they have a severe physical injury.

B) If difficult feelings or behaviours last a long time, interfere with daily life, or become overwhelming.

C) Only if their friends tell them to.

D) Never, professional help is only for adults.