

Mental Health Basics

Mental Health · Answer Key · 10 Questions

1. What is considered a significant component of overall health, alongside physical health?

- A) Mental health**
- B) Financial health
- C) Social health
- D) Environmental health

2. Which of these is a common sign of a mental health condition?

- A) Persistent sadness or worry**
- B) Enjoying hobbies
- C) Sleeping well
- D) Having good relationships

3. Seeking help for a mental health concern is often described as a sign of:

- A) Strength**
- B) Weakness
- C) Indecisiveness
- D) Stubbornness

4. Which of the following is NOT a recognized mental health condition?

- A) Depression
- B) Anxiety
- C) Common cold**
- D) Schizophrenia

5. What is a common way to support someone experiencing mental health difficulties?

- A) Listening without judgment**
- B) Ignoring their feelings
- C) Telling them to 'snap out of it'
- D) Making fun of their situation

6. Mental health conditions can affect people of what ages?

- A) All ages**
- B) Only adults
- C) Only children
- D) Only teenagers

7. Which lifestyle factor can positively influence mental well-being?

A) Regular physical activity

B) Excessive screen time

C) Poor diet

D) Lack of sleep

8. Stigma related to mental health means:

A) Negative attitudes and discrimination

B) Positive encouragement

C) Neutral feelings

D) Scientific classification

9. What is a key characteristic of good mental health?

A) Ability to cope with life's stresses

B) Constant happiness

C) Absence of any negative thoughts

D) Never experiencing disappointment

10. Professional help for mental health can be sought from:

A) Psychologists and psychiatrists

B) Mechanics and electricians

C) Chefs and bakers

D) Librarians and archivists