

Mental Health Basics

Mental Health · Practice Test · 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