MENTAL HEALTH: TRUE OR FALSE?



How much do you know about mental health? With a partner, talk about the statements below and tick whether you think they are true or false. You'll find the answers at the bottom of the page – no cheating!!

		TRUE	FALSE
1.	Anyone can have a mental health problem.		
2.	Mental health problems are very rare.		
3.	There are ways you can help yourself feel better if you feel bad.		
4.	People with mental health problems are different from others.		
5.	It's best not to talk to someone with a mental health problem.		
6.	One in four people will ask for help with a mental health problem at some time in their life.		
7.	You can recover from a mental health problem like anxiety or depression.		
8.	Someone who has a mental health problem can't go to work.		
9.	People with mental health problems can overcome their difficulties.		
10.	One in nine children in the UK experiences mental health problems.		

Answers:1. True 2. False 3. True 4. False 5. False 6. True 7. True 8. False 9. True 10. True

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If you have been affected by any of these issues, visit sportrelief.com/support for more information.

Visit time-to-change.org.uk for more free resources and videos.

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