

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

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