

Quiz

Anyone can have a mental health problem	True/false
Mental health problems are very rare	True/false
There are ways you can help yourself feel better if you feel bad	True/false
People with MH problems are different from other people	True/false
It is best not to talk to someone with a mental health problem	True/false
One in four people will ask for help with a mental health problem in their life at some time	True/false
You can recover from a mental health problem like bipolar disorder	True/false
Someone who has a mental health problem can't go to work	True/false
People with mental health problems can overcome their difficulties	True/false

Quiz – Answers

Anyone can have a mental health problem	True
Mental health problems are very rare	False
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Someone who has a mental health problem can't go to work	False
People with mental health problems can overcome their difficulties	True