

Mental HEALTH

Name: _____ Grade: _____



1. _____ Everyone has good mental health.
2. _____ Everyone has a mental illness.
3. _____ If someone in your family has a mental illness, you will also be diagnosed with a mental illness.
4. _____ You can catch a mental illness from someone who has it, it is contagious.
5. _____ If you're feeling sad one day, you are depressed.
6. _____ You have control over whether you are in a positive or negative mental health space.
7. _____ Having a mental illness means you are weak.
8. _____ You should not talk about your mental illness.
9. _____ Exercise can boost your mental health.
10. _____ Anxiety is normal and does not cause mental illness.
11. _____ What you eat does not affect how you feel.
12. _____ You can tell if someone has a mental illness.
13. _____ Kids don't have panic attacks - they just yell or cry to get what they want.
14. _____ You cannot help someone with a mental illness.
15. _____ Sleep is important for mental health.
16. _____ If you have a mental illness you will feel mad, sad or worried all the time.
17. _____ Kids can't have a mental illness like depression, those are adults' illnesses
18. _____ Kids that have a mental illness have bad parents.
19. _____ Medication for mental illness is bad.
20. _____ You should reach out for help if you feel sad or worried.