

# 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.