



How much do you know about mental health?

Take the 10-question quiz below. Answer true or false for each statement.

1. Mental health conditions are medical conditions.	True/False
2. The term “mental health” refers to your emotional, psychological and social wellbeing.	True/False
3. Mental health conditions can be situational or chronic.	True/False
4. These are some common signs of mental health conditions: <ul style="list-style-type: none">• Excessive worrying or fear• Persistent sadness, hopelessness, or “empty” feeling• Extreme mood changes, including irritability or anger• Changes in eating habits, energy level or sleeping patterns• Increased use of alcohol or other substances• Persistent physical aches and pains• Inability to carry out daily activities or handle daily problems and stress	True/False
5. Different mental health conditions display similar signs and symptoms.	True/False
6. Mental health is just as important as physical health.	True/False
7. Mental health conditions do not discriminate.	True/False
8. Risk factors for developing a mental health condition may include: <ul style="list-style-type: none">• A previous mental illness or a history of one in a blood relative• Stressful or life-altering events, like divorce, job loss or the death of a loved one• A chronic medical condition, such as diabetes• Traumatic experiences, like racism, assault or military combat• Childhood abuse or neglect	True/False
9. Mental health conditions are treatable.	True/False
10. World Mental Health Day is celebrated each year on October 10 to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health.	True/False

If you answered “True!” to all the above, great job! They are all true. Learn more about how to help raise awareness of mental health issues and stop the stigma.

Sources:

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