

Circle the answer you think matches the statement.



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 mental health 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

Let's see how you did! Take a look at the answers on page 2



Compare your answers to the ones below



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

