

The MENTAL HEALTH & HIGH SCHOOL CURRICULUM GUIDE

Name: _____

For each of the following statements select True, False, or Do Not Know by marking an X in the appropriate box.

Question	True	False	Do Not Know
1. Mental health and mental illness both involve the brain and how it functions.			
2. People who have mental illness can at the same time have mental health.			
3. The brain can affect the way the body functions but the body can not affect the way the brain functions.			
4. The frontal lobes of a young person’s brain continue to grow and develop until about the age of 25 years.			
5. Three of the functions of the brain include thinking, signaling and behavior.			
6. Most everyday stress is toxic and should be avoided.			
7. The only stigma in our society is about mental health.			
8. An example of a mental health problem is feeling stressed about writing an exam.			
9. The symptoms of mental illness are thought to be caused by disturbances in the usual functioning of the brain.			
10. People who have a mental illness are frequently violent.			
11. Most people who have a mental illness get well and stay well with treatment.			
12. People who have schizophrenia often get a split personality.			
13. Vitamins and meditation are effective treatments for most mental illnesses.			
14. Depression and Bipolar Disorder are two examples of the type of mental illnesses called Mood Disorders.			
15. An Anxiety Disorder happens when a person’s brain detects the presence of danger – such as a dog attacking.			
16. Panic Disorder commonly begins in adolescence.			
17. Most people who are feeling stressed out or unhappy have a mental disorder such as Anxiety or Depression.			
18. Attention Deficit Hyperactivity Disorder has three components including attention problems, hyperactivity and impulsivity.			

19. Suicide in young people is mostly related to bullying and has little to do with mental illness.			
20. Self-harming behaviors may sometimes accidentally lead to death.			
21. Treatment of mental disorders has three purposes including, relieving symptoms, restoring functioning, and promoting recovery.			
22. People with Social Anxiety Disorder experience irrational and excessive fear that they will act in a way that will be humiliating or embarrassing.			
23. Anorexia Nervosa is an eating disorder that can lead to death.			
24. One important job of the brain is to help the person adapt to their environment.			
25. Mental disorders usually begin because of the stresses of everyday life.			
26. Depression is usually caused by an event such as breaking up with a person you are dating, having a fight with your best friend or not getting enough likes on a very important social media post you made.			
27. Daily exercise, healthy nutrition and spending time interacting with friends are all important components of mental health AND potentially helpful self-care for people who have a mental disorder			
28. Medicines should never be used to treat a mental disorder.			
29. People who have a mental disorder will not be able to be successful in their chosen field of work (such as: being a politician; being an astronaut; being an author or composer).			
30. Mental distress is a signal that treatment from a psychologist or counselor is needed.			