

## **Test Your Knowledge About Mental Health and the Brain**

### **Answer Key**

- F      1. Mental illness and mental retardation are the same thing.
- F      2. Most people with mental illness are dangerous.
- T      3. Laughing and humor or jokes is a good way to relieve stress.
- T      4. School, family relationships, and friendships can all be sources of stress.
- F      5. Depression only happens in adults.
- T      6. If someone had a mental illness they could still be my friend.
- T      7. Exercise is good for helping get rid of stress.
- F      8. Young people who talk about committing suicide are doing it just to get attention.
- F      9. Your skull is good protection for your brain. You don't need to wear a helmet when biking or rollerblading.
- T      10. Your brain sends messages through cells called neurons.
- T      11. If a friend told me that he/she is sad and wants to hurt him/herself I would tell an adult.
- T      12. Chemical changes occur in the body when a person experiences stress.
- F      13. You can tell if someone has a mental illness by just looking at him or her.
- F      14. Mental illness is contagious; you can catch it from someone (like you can catch a cold).
- T      15. Drug and alcohol addiction changes the way your brain works.
- F      16. ONLY your environment (your surroundings, circumstances, or things that happen to you) affect your mental health.
- T      17. Finding someone you trust to talk to can help when you are feeling sad, angry, or worried.
- T      18. Serious mental illness can happen in any family.
- F      19. Eating candy, ice cream and chips while watching TV builds physical resilience or strength for handling stress.
- T      20. Putting off homework until the last minute makes stress worse.
- T      21. If someone thinks they need help with their mental health, whom could they go to for help? (Write answer) \_\_\_\_\_

**Examples of trusted adults: teacher, parent, nurse, counselor, doctor.**