MENTAL HEALTH QUIZ

|  |  |  |
| --- | --- | --- |
| STATEMENT | TRUE | FALSE |
| Mental health problems make people unpredictable and dangerous |  |  |
| All mental health problems are caused by genetics |  |  |
| Young people who experience mental health problems are different from normal young people |  |  |
| 1 in 100 young people experience a mental health problem |  |  |
| Depression, anxiety and self-harm are the most common mental health problems among young people |  |  |
| Talking about mental health problems will make them worse |  |  |
| Mental health problems will clear up on their own |  |  |

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