

Mental Health Awareness Week

Activity - True or False!

Think about what you have learned about Mental Health answer this short game of True or False. Once you have finished you should swap with a partner and mark each other’s.

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| --- | --- |
| 1 in 10 children and young people will experience a mental health problem. | True / False |
| Not all of us have mental health | True / False |
| People don’t recover from mental health problems | True / False |
| Our mental health never changes | True / False |
| We should always speak to someone if we feel unhappy or unsafe | True / False |
| I can’t do anything to support someone with a mental health problem | True / False |
| People who experience mental health problems are weak and can’t handle stress | True / False |

Answer Sheet

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| --- | --- |
| 1 in 10 children and young people will experience a mental health problem. | True |
| Not all of us have mental health | False |
| People don’t recover from mental health problems | False |
| Our mental health never changes | False |
| We should always speak to someone if we feel unhappy or unsafe | True |
| I can’t do anything to support someone with a mental health problem | False |
| People who experience mental health problems are weak and can’t handle stress | False |