

Name _____

Breaking the Silence: Confronting Mental Health Stigma

Multiple Choice Questions

1. What is the main issue explored in the narrative?
 - a) The fear of the dark
 - b) The stigma surrounding mental health
 - c) The challenges of physical health
 - d) The importance of silence

2. How did the author's friend, Sarah, feel about sharing her mental health struggles?
 - a) She felt relieved and supported.
 - b) She spoke openly and confidently.
 - c) She confided in hushed tones, fearing judgment.
 - d) She refused to discuss her issues.

3. What did the author learn from individuals who had faced mental health challenges?
 - a) They enjoyed isolation and solitude.
 - b) They were always supported by their friends and family.
 - c) They often felt stigmatized and misunderstood.
 - d) They were all labeled as "crazy."

4. Why did Emily, a woman with bipolar disorder, find her experience with the mental health system challenging?
 - a) She received the support she needed.
 - b) The system was designed to help her.
 - c) Healthcare professionals stigmatized her.
 - d) She never sought professional help.

5. What is one of the key solutions to breaking the stigma surrounding mental health, according to the author?
 - a) Isolating individuals with mental health issues
 - b) Encouraging people to label mental health as a sign of weakness
 - c) Educating and raising awareness about mental health
 - d) Keeping mental health issues a secret

