

Name _____

The Importance of Understanding Mental Health

Multiple Choice Questions

1. Why is understanding mental health important?
 - a) It helps us hide our emotions better.
 - b) It reduces stigma and discrimination.
 - c) It makes us less self-aware.
 - d) It promotes unhealthy coping strategies.

2. How did Emma express her emotions?
 - a) Through singing
 - b) Through her artwork
 - c) Through writing novels
 - d) Through playing sports

3. What is resilience?
 - a) The ability to hide one's emotions
 - b) The ability to bounce back from setbacks
 - c) The ability to avoid all difficulties in life
 - d) The ability to ignore mental health

4. How did Emma's art help others?
 - a) It made people feel more isolated.
 - b) It raised awareness about mental health.
 - c) It caused people to judge her.
 - d) It had no impact on anyone.

5. What can we do to support friends and family struggling with mental health?
 - a) Ignore their feelings
 - b) Encourage them to seek help
 - c) Judge them for their struggles
 - d) Tell them to hide their emotions

