Name _____

## The Importance of Understanding Mental Health

**Open-Ended Response Questions**

1. Imagine you have a friend who seems sad all the time. How could you use your knowledge of mental health to help them? Provide at least two ways.

2. Think about a time when you felt stressed or anxious. How did you cope with those feelings, and could you have used healthier strategies?

3. Why do you think understanding and talking about mental health is important for building strong and supportive communities?

4. Reflect on the story of Emma, the artist. How can creativity, like art or music, be a powerful way to express emotions and connect with others?

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