

Name \_\_\_\_\_

## The Importance of Understanding Mental Health

### Short Answer Key

1. Emma expressed her emotions through her art by using different colors and styles to reflect her feelings.
2. Resilience is the ability to bounce back from setbacks and challenges. It's important because it helps us face difficulties with strength.
3. Emma's art impacted others by allowing them to connect with her emotions and experiences, raising awareness about mental health.
4. Understanding mental health helps us support friends and family by offering a listening ear, encouraging them to seek help, and being there for them.
5. Reducing stigma related to mental health is crucial because it encourages people to seek help without fear of judgment.

