

Name _____

The Importance of Understanding Mental Health

Open-Ended Response Answer Key

1. Answers may vary but could include: talking to them about their feelings, encouraging them to talk to a trusted adult, or suggesting activities that might help them feel better.
2. Answers may vary but could include: deep breathing, talking to a friend, or seeking help from a counselor. Healthier strategies might include exercise or journaling.
3. Answers may vary but could include: it creates a supportive environment, reduces discrimination, and fosters empathy and understanding among community members.
4. Answers may vary but could include: creativity allows people to express complex emotions, connect with others who may have similar experiences, and bring awareness to important issues.

