**The PSW Guide: Pre/Post Test**

**Which is the correct definition of Mental Health?**

* Mental health enables us to feel, think and act in ways that enhance our ability to enjoy life and deal with challenges.
* Mental health is when you never have bad moods.
* Mental health is something that only some people have.

**Which is the correct definition of Mental Illness?**

* Mental illness is when someone loses their mental health.
* Mental Illness is a medical condition diagnosed by trained health professional.
* Mental illness means you can never enjoy life.

**True or False: Stigma**can make it harder for people seek help and participate in treatment

* True
* False

**Finish this statement: Stigma and discrimination are related because...**

* + When stigma goes down, discrimination goes up.
  + Stigma and discrimination are not related.
  + Stigma can lead to discrimination.

**Which the correct Crisis Help Number?**

* + 111
  + 988
  + 188

**Which is true about consent?**

* + Consent is having the freedom to decide in any moment whether you want to engage in a specific interaction.
  + Consent is not important in healthy relationships.  It is important to have one person in control of everything.
  + Consent is only about touching.

**True or False: Your relationship with your family shapes the way your brain recognizes and understands relationships with others.**

* + True
  + False

**True or False: It is never too late to ask for help.**

* + True
  + False

**Who/what are the mental health supports available at your school? List all that you can think of below.**

**1.\_\_\_\_\_\_\_\_\_\_\_\_**

**2.\_\_\_\_\_\_\_\_\_\_\_\_**

**Which is a good question you should ask your therapist/counselor?**

* + What is my diagnosis?
  + What is your approach to treatment and how do you think it will help me?
  + Both are good questions to ask your therapist/counselor

**True or False: Distress**is stress that negatively affects you and **Eustress** is stress that has a positive effect on you.

* + True
  + False

**What are healthy strategies you can use when experiencing distress? List all that you can think of below.**

**1.\_\_\_\_\_\_\_\_\_\_\_\_\_**

**2.\_\_\_\_\_\_\_\_\_\_\_\_\_**

**3.\_\_\_\_\_\_\_\_\_\_\_\_\_**