



## WELLNESS ACTIVITY

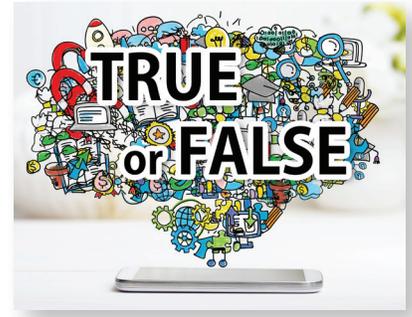
### How much do you know about mental illness?

The topic of mental health is often misunderstood. Mental illness might be viewed as an embarrassment, a personal failing, or something that's not as important as other health issues. This can make it more difficult for people to get the help they need.

Taking care of your mental health is as important as taking care of physical health. See how much you know about the topic by taking this quiz:

#### True or False:

- \_\_\_\_\_ Mental illness is caused by personal weakness.
- \_\_\_\_\_ Mental illness is caused by a lack of willpower.
- \_\_\_\_\_ A number of factors, including biological factors, can increase your risk for mental illness.
- \_\_\_\_\_ Poor mental health increases the risk for heart disease, stroke, and cancer.
- \_\_\_\_\_ About 1 in 100 people experience a mental illness in a given year.
- \_\_\_\_\_ People with mental illnesses are violent.
- \_\_\_\_\_ Mental illness can be treated.
- \_\_\_\_\_ Mental illness may be occasional or long-lasting.
- \_\_\_\_\_ If someone you know is struggling with mental health problems, you can assist them by letting them know help is available and by helping them access mental health services.
- \_\_\_\_\_ By learning more about mental health, you're helping those with poor mental health.



#### Answer Key:

- 1 and 2. **False.** A number of factors can contribute to a person's risk for mental illness, but it is not caused by personal weakness or a lack of willpower.
3. **True.** In addition to biological factors, such as genetics, mental illness can be caused by factors including stressful or traumatic events and long-lasting health conditions.
4. **True**
5. **False.** About 1 in 5 people experience a mental illness in a given year.
6. **False.** The vast majority of people with mental illnesses are no more likely than anyone else to be violent.
7. **True**
8. **True**
9. **True**
10. **True.** By learning more about mental health, you can share the facts.

### Where to go for help

#### Suicide Prevention Lifeline

1-800-273-TALK (8255)

#### National Helpline: 1-800-662-HELP (4357)

The Substance Abuse and Mental Health Services Administration (SAMHSA) provides this confidential information service for individuals and family members facing mental health and substance use disorders.

#### Employee assistance program

If your company has an employee assistance program (EAP), check with your supervisor or human resources department for contact information.

#### Your medical care provider

Your primary care provider can provide you with information about mental health resources. ♦