

# Take time

for  
mental health

9 – 17 October 2021



## TRUE OR FALSE

- 1** We all have mental health 

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- 2** Our physical health is more important than our mental health 

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- 3** One way to manage our mental health is to talk to someone we trust 

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- 4** Mental illnesses are rare 

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- 5** People with mental illnesses will not get better 

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- 6** Only those with a mental illness can seek counselling 

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- 7** As a friend you can't do anything to support someone with mental health difficulties? 

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[www.qldmentalhealthweek.org.au](http://www.qldmentalhealthweek.org.au)

#qmhw #qmhwtaketime



'Take time - for mental health' by artist Jesse James

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## ANSWER SHEET

We all have mental health

TRUE.

Our physical health is more important than our mental health

FALSE.

One way to manage our mental health is to talk to someone we trust

TRUE.

Mental illnesses are rare

FALSE. Mental illnesses can affect almost anyone at any stage of life. Each year, approximately one in every five Australians will experience a mental illness

People with mental illnesses will not get better

FALSE. People diagnosed with mental illnesses can still lead very productive and fulfilling lives.

Only those with a mental illness can seek counselling

FALSE. Going to counselling does not necessarily mean that one has a mental illness. People seek counselling for a wide range of issues and concerns including: problems with adjusting to a new environment, feelings of distress about school, situational crises, feelings of depression or anxiety, etc.

As a friend you can't do anything to support someone with mental health difficulties?

FALSE. You can do a lot, starting with how you act and speak. Try to create an environment that builds on people's strengths and promotes understanding. If you notice that someone you care about is struggling with a mental health issue, you can be supportive, listen non-judgementally, and encourage them to seek support from friends, family members, and professionals (i.e., doctors, counsellors, help lines). If the person is open to getting help, connect them with resources on- or off-campus that can help.

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