

Anyone can have a  
mental health  
problem

Mental health  
problems are very  
rare

There are ways you  
can help yourself  
feel better if you feel  
bad

People with MH  
problems are  
different from other  
people

It is best not to talk  
to someone with a  
mental health  
problem

One in four people  
will ask for help with  
a mental health  
problem in their life  
at some time

You can recover  
from a mental  
health problem like  
bipolar disorder

Someone who has  
a mental health  
problem can't go to  
school / work

People with mental  
health problems can  
overcome their  
difficulties

**TRUE**

**FALSE**