

<p>Anyone can have a mental health problem</p>	<p>Mental health problems are very rare</p>	<p>There are ways you can help yourself feel better if you feel bad</p>
<p>People with MH problems are different from other people</p>	<p>It is best not to talk to someone with a mental health problem</p>	<p>One in four people will ask for help with a mental health problem in their life at some time</p>
<p>You can recover from a mental health problem like bipolar disorder</p>	<p>Someone who has a mental health problem can't go to school / work</p>	<p>People with mental health problems can overcome their difficulties</p>

TRUE

FALSE