



The Mentally Healthy Quiz!

Keeping mentally healthy is just as important as staying physically healthy and it's as easy as A-B-C: Act-Belong-Commit.

What is the slogan for Mentally Healthy WA?

What does Act-Belong-Commit mean?

What are three ways to be physically active?

What is one way to keep socially active?

What is one way to keep mentally active?

How can you improve your sense of belonging?

What are some ways you can make commitments to the activities you engage in?

What is something you do that keeps you mentally healthy?



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How many people in Australia experience a mental health problem each year?

Who could you contact if you think your friend is having difficulties coping at home or at school?

Are mental illnesses contagious?

What sort of activities keep you mentally healthy?

Where could you go if you thought your brother/sister was depressed?

What are three ways to reduce stress.



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Facilitation Notes

What to do with this Quiz?

- Photocopy and hand out this quiz to students to complete.
- Alternatively, ask questions to the class for verbal answers.
- At the completion of the quiz, hold a discussion on what being mentally healthy means and how they can maintain mental well-being with Act-Belong-Commit
- This quiz can be used with a chocolate wheel or other innovative ways that encourage students to be involved and answer questions.

Tips...



- The number of people with a mental illness is increasing.
- Keeping mentally healthy is becoming more important and can be done in three simple steps:
- **Act** - Stay physically, socially and mentally active. Plant a tree or go for a walk.
- **Belong** - Belonging to a club or a team has great benefits for mental health. Join a netball or football team, start a book club or join a band.
- **Commit** - Put a little more effort in the things you do. Volunteer for a good cause or help someone less fortunate.

Answers: 1. Act-Belong-Commit. 2. Be active, Belong to community groups, Make commitments to your activities. 3. Eg Sports, Walking. 4. Eg. Spend time with friends. 5. Eg Crossword puzzle. 6. Eg Join a band. 7. Eg. Volunteer, learn something new. 8. Eg Exercise. 9. One in five. 10. See fact sheet contacts. 11. No. 12. Eg. Swimming, movies with friends. 13. Eg. Depression, Bipolar. 14. See fact sheet contacts. 15. Exercise, garden, sleep well.

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