



## **TIMEOUT-What is Mental Health?**

### ***Evaluation***

1. What is Mental Health? (Choose one only)
  - a) Absence of illness or disability
  - b) A state of wellbeing and coping
  - c) Contributing to others/self/community
  - d) All of the above
  
2. Do we always stay mentally well or mentally unwell? (choose one answer only)
  - a) Yes
  - b) No
  - c) We can move between these two states depending on lots of different factors.
  
3. Where can we go for help and support? (choose all that are true)
  - a) GP
  - b) No-one
  - c) Beyond Blue
  - d) Dentist