**Name:**

**Date:**

**School:**

**Facilitator:**

4.04 Mental Health and Illness

Total points: 56

# Fill in the Blank

**Answer the following questions based on the information you learned in the lesson.**

1. We are who we are as a result of our       and       .
2. According to Maslow, when a person’s needs are met and he or she is able to reach the highest point in life, that peak is called       .
3. The final stage in the grieving process is       .
4. When someone who is grieving says, “He will regret what he did,” this indicates they are in the       stage of grief.
5. Someone who is excessively afraid of close spaces has a type of anxiety disorder called a       .
6. A person who repeatedly washes their hands and is afraid bad things will happen if they fail to perform certain rituals is showing signs of       .
7. Steve often hears voices and sees people others do not see. He has difficulty concentrating, sleeping, and getting things done. Steve is showing signs of       .
8. Sue eats enormous meals, then makes herself throw up. Her weight is normal. Sue is showing signs of       .

# Short Answer

**Answer the following questions based on the information you learned in the lesson.**

1. Identify and discuss three of the barriers to treatment for those facing mental illness.
2. Your significant other of six months told you today that it is over. You thought you were going to get married.
   1. What is likely to be your strongest emotion?
   2. What are three healthy ways you could manage your emotions in this situation?
3. You have been feeling unusually sad for about a month. It has been hard to get out of bed in the morning and you want to sleep all the time. You do not want to be around people and just want to be left alone. Your grades are normally good, but they have been dropping lately. You have not been dressing up for school like you used to.
   1. What do you think is the problem?
   2. What could you do to help yourself?
4. Your friend Angie has lost a lot of weight lately. When she is with friends, she eats nothing and drinks water. She is very thin and her hair is dull and has begun to fall out.
   1. What mental illness best matches the symptoms Angie is showing?
   2. What social norms might contribute to this mental illness?
   3. Describe how this illness affects all aspects of a person’s health.
   4. Why is it so important for Angie to get treatment?
   5. What can you do to help Angie?