

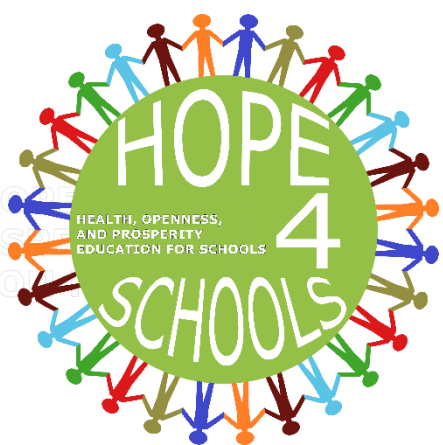
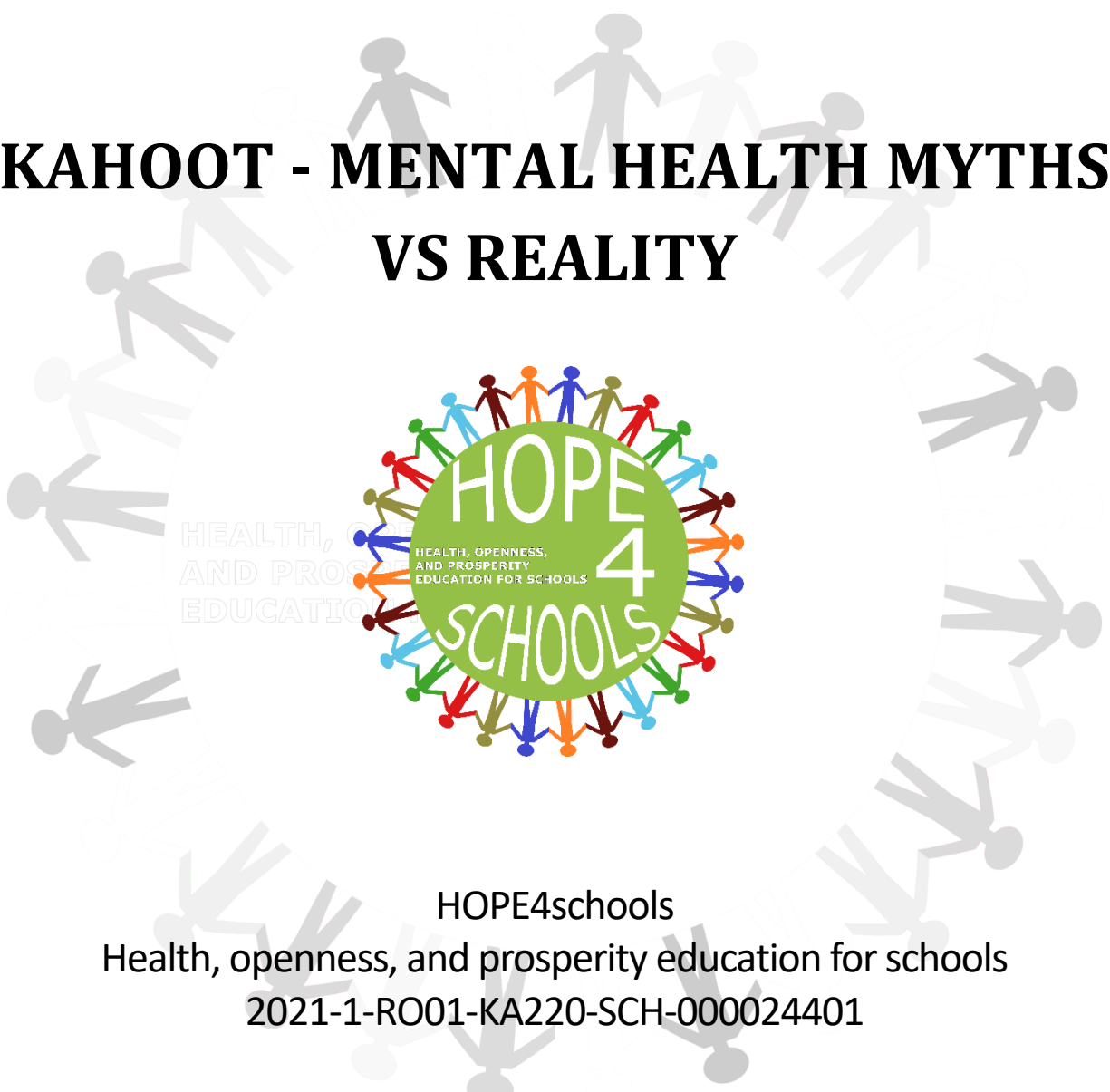


GREEK MINISTRY OF EDUCATION
AND RELIGIOUS AFFAIRS
REGIONAL DIRECTORATE OF PRIMARY
AND SECONDARY EDUCATION
OF WESTERN MACEDONIA



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KAHOOT - MENTAL HEALTH MYTHS VS REALITY



HOPE4schools
Health, openness, and prosperity education for schools
2021-1-RO01-KA220-SCH-000024401



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KAHOOT - MENTAL HEALTH MYTHS VS REALITY

Access the kahoot in the following link.

Duplicate it, make it your own and then use it.

You can translate it into your own language or change it and add more questions if you want to.

<https://create.kahoot.it/details/89c41760-29d4-40b8-a2e8-a36b1932c3c3>



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Mental health Myths vs Reality

work cited: <https://positivepsychology.com/mental-health-activities-worksheets-books/>

0 plays · 0 players

 A public kahoot



Questions (17)

1 - Quiz

Mental health illness is something that only adults suffer from.



2 - Quiz

People with somekind of mental illness will struggle with work, study, and life in general.



3 - Quiz

Having a mental illness makes life much more difficult as it is tough to live independently when you're an adult.



4 - Quiz

Mental illnesses are for life. There is no recovery.



5 - Quiz

There is no point in talking about mental illnesses. Medicine is the best and only way to feel better.



6 - Quiz

Mental illnesses make people more violent, aggressive, and dangerous.



7 - Quiz

Some minorities are more vulnerable to mental illness than others.



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8 - Quiz

Only weak people are diagnosed with mental illnesses.



9 - Quiz

Mental illness can occur in anyone, regardless of their age.



10 - Quiz

Mental illness can sometimes make things more difficult, but there's always help available.



11 - Quiz

Not all mental health conditions are the same; they will not necessarily prevent you from living on your own.



12 - Quiz

Just like with many physical conditions, mental illness requires more than medication alone.



13 - Quiz

More often than not, people living with mental health issues are not dangerous or violent.



14 - Quiz

Anyone can be diagnosed with a mental health complication, regardless of age, race, gender, religious views, or status.



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15 - Quiz

Mental illnesses are not the result of your personality; they do not reflect your capacity to deal with your emotions.



16 - Quiz

While they are called 'mental illnesses', they are not imagined, nor are they due to a lack of willpower.



17 - Quiz

Everyone's mental health journey is different. (with time and experience, you can discover what makes you feel better)



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