

Grade 11 Mental Health Review

- 1. What is Stigma?**
- 2. What are some of the negative things you have heard about people with mental illness?**
- 3. How does stigma affect the lives of people with mental illness?**
- 4. List five things you can do to Reduce Stigma.**
- 5. Define Mental Health.**
- 6. Define Mental Illness.**
- 7. What is Mental Distress?**
- 8. What is Mental Disorder?**
- 9. If the brain is not working properly, one or more of its six functions will be disturbed. What are these six functions of the brain?**
- 10. What mental illness occurs if you have disturbances in your thinking and perception. Give an example.**
- 11. Disturbances in feeling and emotion can lead to what disorder? Give two examples of this type of disorder.**
- 12. Disturbances in signaling in the brain can lead to what type of disorder? Give three examples of this type of disorder.**
- 13. Brain disturbances that affect behaviour cause what type of behaviours?**
- 14. What are Anxiety Disorders?**
- 15. List and briefly explain two main types of Anxiety Disorders.**
- 16. What is ADHD? Describe three symptoms of ADHD.**
- 17. What is Bipolar Mood disorder? Describe some of the symptoms of Bipolar Mood Disorder.**
- 18. What is Depression? Describe some of the symptoms of Depression.**
- 19. What is Schizophrenia? List some of the symptoms.**