



Recognizing Mental Health Distress and Promoting Help Seeking Behaviors

Presented by the Office of Health Promotion

- 1 The Office of Health Promotion is located in _____.
- 2 I can reach out to the Office of Health Promotion by emailing _____.
- 3 PATH stands for _____.
- 4 The Office of Health Promotion also deals with _____ and _____.
- 5 Mental Health can be conceptualized as a state of _____ in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a _____ to his or her community.
- 6 A Mental Disorder (mental illness) is a _____ illness that affects a person's thinking, emotional state, and behavior and disrupts the person's ability to work or carry out other daily activities and engage in _____ personal relationships.
- 7 A Mental Health Problem is a _____ term that includes both mental health disorders and the symptoms of mental disorders that may not be severe enough to warrant the _____ of a mental disorder.
- 8 _____ US adults have a mental disorder.
- 9 Nearly half of all mental disorders start by age _____.
- 10 _____ Americans live with a serious Mental Disorder.

