Study Guide for the 7th Grade Health

Mental Health Test

1) Know the definitions of the following words:

- who you are
- stressor
- emotions
- self-concept
- resilience
- habits
- personality
- self-esteem
- adapt
- disorder
- therapy
- psychiatrist
- OCD
- phobia
- anxiety
- withdrawal
- psychologist
- suicide
- ACT

2) Understand the following concepts:

- What are ways that excess stress affects physical, mental / emotional and social health?

- Feeling sad or angry for two weeks or long is a sign that someone may need to seek professional help.

- Mental and emotional disorders affect young people.

- What are several warning signs of suicide?

- What are several things you should and should not do to help a suicidal person?

- Who are several people that you can talk to get help if you or someone you know is depressed or suicidal?
3) Please study the follow sheets / returned homework assignments:

- Concept Mapping and Re-Teaching 4-3
- Suicide Warnings Checklist
- Teen Depression Sheet

4) Friendly Reminders:

- The last day to turn in late homework for the mental health unit is the day of the test!
- Study and ask Mrs. Lapointe if you have any questions!
- Use your time wisely and study the materials on the study guide!