Name: Quang Huynh Opp:

Mental Illness "Scavenger Hunt" Date:

Directions: Using the following web-site, [www.kidshealth.org](http://www.kidshealth.org/), you will read various articles to help you answer the following questions.

Go to kidshealth, click on teens, click, YOUR MIND and then MENTAL HEALTH. You will find all the answers throughout the articles.

#1. **Explain Anxiety.** Anxiety is an alarm system that activates when somebody perceives danger or a threat.

#2. **What are 3 things you can do to help with anxiety?**

1. Get good sleep, exercise and nutrition.

2. Work with a mental health professional.

3. Go to a checkup with a doctor.

#3. **Why might teens cut themselves?**

A teen might cut themselves to try to cope with their strong emotions.

#4. **Name 3 hidden dangers associated with cutting.**

1. A cut can become too deep that one could be hospitalized.

2. Cuts can become infected.

3. Cutting could become a habit.

#5. **Name 3 things you can do to help someone that is cutting themselves**.

1. Let them know that you care about them.

2. Be there for them.

3. Let them know that they deserve to be happy.

#6. **Explain Depression.**

Depression is a strong mood that involves despair, discouragement, sadness and hopelessness that lasts for a long time.

#7. **There is no single cause for depression. Name 4 factors that may play a role in developing the disease.**

1. One thinking they are worthless and unlovable.

2. Thinking that a problem is too big to solve.

3. Thinking nothing matters.

4. Thinking everything requires more effort.

**#8. What are 2 common fears people have?**

1. Fear of deep water

2. Fear of public speaking

#9. **What are 2 common fears children have?**

1. Fears of the dark
2. Fears of being alone.

#10. **Name and explain 2 ways you can improve your self-esteem.**

**1. Say helpful things to yourself.**

**2. Be with people who treat you well.**

**#11. Name and explain 3 common compulsions in teens. (OCD)**

**1. Washing and cleaning themselves too much.**

**2. Putting things in the right order.**

**3. Interacting with the environment in an unusual way.**

#12. **What is the biggest factor in relation to suicide facing teens?**

They want to escape from a situation that seemed impossible to fix or to get relief from very and thoughts. They want to escape their feelings.

#13. **Name 3 links between depression and suicide.**

1. Most people who commit suicide have depression.
2. People who are depressed don’t realize that suicide is a permanent solution to a temporary problem the same way others can.
3. Depression is why people feel hopeless and feel like there’s no way out. They think suicide is the only solution to fix everything.

#14. **Name 3 situations that if not dealt with properly, could lead to suicide.**

1. If somebody is dealing with depression and it isn’t treated, it could get worse and lead to suicide.

2. People who have a habit of using drug or alcohol, since it affects a one’s judgement.

3. Not getting the proper treatment or care.

#15. Name 5 warning signs of suicide.

1. Giving away possessions

2. Talking about death

3. Trouble sleeping and issues with eating.

4. Isolating from family and friends.

5. Losing motivation and desire to do activities.

#16. Now click on the category called **Feelings & Emotions.** (directly under Mental Health) Choose any article of interest to you and read it.

What was the name of the article? Test anxiety

State 5 facts you learned from reading the article.

1. Test anxiety is the nervous feeling that one gets when they are about to take an exam of some sort.
2. Test anxiety is a form of performance anxiety, which can make somebody feel pressured.
3. The body releases adrenaline when under stress and this is what causes the physical symptoms.
4. Perfectionists are more likely to have test anxiety.
5. Asking for help and being prepared can help with test anxiety.