Teacher Answer Key

Case Study

1. She feared being labeled as dramatic or unstable by peers.

2. The teacher's concern and gentle questioning helped Camila realize it was more than just a creative slump, prompting her to seek help.

Multiple Choice

1. B

2. A

3. D

Matching

1-E, 2-D, 3-A, 4-C, 5-B

Fill-in-the-Blank

1) poor mental health (or emotional distress), 2) Stigma, 3) empathy

Short Answer (Sample Responses)

Q1: When we treat mental health like physical health, it normalizes seeking professional support and makes addressing emotional concerns as natural as treating a physical illness.

Q2: By sharing success stories, providing accurate information, and allowing people to see others openly discuss mental health, social media can break down stereotypes and offer support.

Q3: They could listen without judgment, encourage seeking professional help, and respect the person's privacy while still offering consistent support.