Defining Mental Health

Words in **bold** throughout

this book are defined in

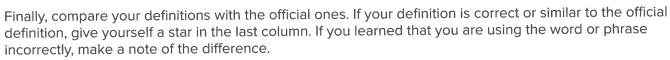
the glossary.

Tave you ever thought you know what a word or phrase means only to find out you've been using it completely wrong? Like any medical field, mental health has a lot of words and phrases that are easily misunderstood. Just what is mental health?

What to Do

Take a look at the chart below. You have probably heard or even used these words and phrases and have a general idea of what they mean. Fill out the second column with your definition of the term. Try writing down what you would say if a friend asked you, "What does this mean?"

Next go to **youth.gov**, choose Mental Health from the Youth Topics drop-down menu, and click on Go. Now click on Key Terms to find official definitions. Write the definitions in column three. Some definitions are lengthy. Shorten them to the basic concepts if needed.





Term	My Definition	Youth.gov Definition	Comparison
Mental health			
Mental illness			
Recovery			
Interventions			
Positive mental health			

Check your responses with the Answer Key on page 35.



