

# 1 Defining Mental Health

**H**ave 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?

Words in **bold** throughout this book are defined in the glossary.

## 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.

Finally, compare your definitions with the official ones. If your definition is correct or similar to the official definition, give yourself a star in the last column. If you learned that you are using the word or phrase incorrectly, make a note of the difference.



Term	My Definition	Youth.gov Definition	Comparison
<b>Mental health</b>			
<b>Mental illness</b>			
<b>Recovery</b>			
<b>Interventions</b>			
<b>Positive mental health</b>			

Check your responses with the Answer Key on page 35.

