



BROTHER, YOU'RE ON MY MIND

Group Activities Handout

We encourage event organizers to have a licensed mental health professional lead this activity. This will ensure someone is available to respond to questions.

TRUE OR FALSE EXERCISE

INSTRUCTIONS

Read each statement aloud and allow participants to decide and say out loud whether they think the statement is true or false. After participants respond, discuss the correct answer with them.

TRUE OR FALSE?

- Statement:** Sadness is a part of everyday life. Depression isn't worth seeking help for.

Answer: False. Life is full of ups and downs, but if you're struggling each day with sadness or for weeks at a time, it's time to get help. No one should have to feel bad every day.
- Statement:** Stress can affect your physical health negatively.

Answer: True. Stress can lead to digestive problems, headaches, and sleeplessness and can make you more prone to viral infections, like the flu.
- Statement:** It isn't possible to be depressed if good things are happening in your life.

Answer: False. A number of factors influence mental health, including brain chemistry and past life experiences. Someone can have a great job, be financially stable, and have lots of friends and still experience depression.
- Statement:** If you see a therapist once and don't like him or her, that means therapy just isn't for you.

Answer: False. You have the right to find a mental health professional that you feel comfortable with, and that may take a few tries. If finding the right treatment takes a bit of trial and error, that's perfectly okay.
- Statement:** African Americans receive mental health treatment at the same rate as Whites do.

Answer: False. The number of African Americans with mental disorders who receive treatment is about half that of Whites.

6. **Statement:** You shouldn't talk to therapists about your problems. They'll tell everyone in town about your business.

Answer: False. What you tell your therapist doesn't leave the room. Mental health professionals are held to an ethical code that means they won't disclose your information unless you give them permission to do so or unless you are in danger.

7. **Statement:** Depression affects everyone in the same way.

Answer: False. Though there are common symptoms like the ones we've discussed, depression affects everyone differently.

8. **Statement:** It's impossible to recover from a mental illness.

Answer: False. It is possible to recover from a mental illness, with treatment and support.

9. **Statement:** Regular exercise can help reduce stress.

Answer: True. Thirty minutes of walking or other types of exercise per day can help boost your mood and relieve stress.

10. **Statement:** It's impossible to help a depressed person.

Answer: False. There is always a way to offer support to a depressed friend. If a friend refuses to seek treatment, let him know that he isn't alone by keeping in contact with him.

