Mental Disorders Assignment

Go to the website Walk In Our Shoes <http://walkinourshoes.org/>

You will use this website to complete this assignment. Answer the questions provided by going to the underlined section.

What is Mental Health

1. What does it mean to have a healthy mind?
2. What is a mental illness?
3. What is stigma?

Myths vs. Facts Provide the Fact for each Myth

1. Mental illness is the same as being mentally disabled.
2. When people have mental illnesses they never get better.
3. People with a mental illness are dangerous and violent.

Mental Health Challenges Define each:

1. Anxiety-
2. Bi-polar Disorder-
3. Post – Traumatic Stress Disorder-

Our Stories

1. What disorder is Matt dealing with?
2. What disorders does Laura have?

Your Shoes

Make a shoe, click the download it tab, save it (right click for options), and send it in with your assignment.