



STIGMA SELF-AWARENESS QUIZ

1. I think people living with substance use or mental health challenges...
 - a) need to just stop.
 - b) did something wrong to cause it.
 - c) need support.
 - d) should not be taken as seriously as someone with a physical health problem.
2. Stigma can...
 - a) make people feel badly about themselves.
 - b) stop people from getting help.
 - c) worsen a mental health condition.
 - d) All of the above
3. If someone you care about is experiencing mental health or substance use challenges, you should:
 - a) Treat them differently than you used to.
 - b) Keep your distance.
 - c) Feel sorry for them.
 - d) Support them.

