Foundations 1E Quiz Questions Lesson 8.4

1. What is a trigger in the context of mental health?

a. an impulse to harm yourself

b. an external event that causes extreme distress

c. a coping skill

d. a reaction to another person’s reckless behavior

Answer: \_\_\_\_\_

2. Self-harm is mainly an attempt to get attention.

a. True

b. False

Answer: \_\_\_\_\_

3. In his creative writing class, Carlton turns in a short story about a boy who is treated badly by his parents and is ignored by kids at school. The character ends up killing himself, after which everyone feels terrible and realizes they should have been more attentive to his situation. Is Carlton at risk for attempted suicide?

a. no, because it’s just a made-up story that he might be using to get attention

b. yes, because a story about death can be a warning sign for suicide

Answer: \_\_\_\_\_

4. Which of the following is NOT an effective suicide prevention strategy?

a. educating students and adults about how to cope with anxiety

b. providing reliable and affordable access to mental health care

c. requiring those who show signs of suicide to live in separate mental health facilities

d. reducing access to contributing factors like guns and alcohol

Answer: \_\_\_\_\_

5. Resources like the National Suicide Prevention Lifeline should be used only if you or someone you know is right on the brink of committing suicide.

a. True

b. False

Answer: \_\_\_\_\_