

Mental Health & Wellbeing Worksheet - Answer Key

Q1. What is work-life balance?

Answer: Setting boundaries between work and personal time

Explanation: Important for mental health - don't let work consume your life.

Q2. Name two signs you may need mental health support.

Answer: Any two: Feeling overwhelmed, difficulty sleeping, losing interest, feeling isolated, appetite changes

Explanation: It's important to recognise these signs early and seek help.

Q3. What is the Headspace phone number?

Answer: 1800 650 890

Explanation: Free youth mental health support service.

Q4. Is it okay to say no to extra shifts?

Answer: Yes - your mental health comes first

Explanation: You have the right to maintain work-life balance.

Q5. What is Lifeline's number for crisis support?

Answer: 13 11 14

Explanation: Available 24/7 for anyone in crisis.