

Lesson 4 Quiz

Keep track of your answers by clicking the bubbles next to your choice. At the end of the quiz, you will find an answer key so you can see how you did. Good luck!

1. What are some common barriers to accessing timely professional care for mental health issues?
 - a) Costs associated with assessment and treatment**
 - b) Limited access to mental health services**
 - c) Not knowing where to go for help**
 - d) Stigma associated with mental health**
 - e) All of the above**
2. Why is virtual mental health care convenient for people with arthritis?
 - a) People with mobility challenges can receive care from the comfort of their home**
 - b) People can have a party while talking to a mental health professional**
 - c) People living in remote areas will not have to travel long distance**
 - d) Virtual mental health care is inconvenient for people living with arthritis**
 - e) A and C**
3. Where can individuals find virtual mental health tools and qualified mental health professionals?
 - a) Check online registries of licensed providers (psychologists, psychotherapists, counselors)**
 - b) View resources listed by trusted federal, provincial, and private organizations**
 - c) Have conversations with your family doctor**
 - d) Review services available through employers, community centers,**
 - e) All of the above**

4. Where can an individual go to ensure that any mental health provider they may choose to work with – virtually or in person – is appropriately trained and qualified?
- a) Ask them directly about their qualifications
 - b) View the status of the license at provincial/state licensing boards online registries
 - c) Use trusted directories that are listed on the websites of federal and provincial mental health agencies
 - d) B and C
 - e) All of the above

Answer Key

You can check your answers here.
Each question is worth one point.
Record your score by filling out the box on the bottom right.

- 1. e) All of the above
- 2. e) A and C
- 3. e) All of the above
- 4. d) B and C

Score
/4