



NNAABAGEREKA NAGGINDA WOMEN'S FUND

Sustaining Social Investments



Mental Health Essay Competition Questions

8-10 YEARS

- ✓ Write about a person you talk to when you are feeling upset and how they help you to feel better

11-14 YEARS

- ✓ Discuss why sharing your feelings with someone you trust is important

15-18 YEARS

- ✓ Analyze the main sources of stress in teens and suggest ways for managing stress effectively.
- ✓ Why is mental health education important in schools?

19-23 YEARS

- ✓ How can young adults balance academic or work pressures with maintaining good mental health?
- ✓ What role does stigma play in mental health and how can it be overcome?