Mental Health Quiz

1. What is the most common mental health problem?
   • Depression
   • Anxiety & depression
   • Bi-polar

2. What percentage of children have a mental health problem at any one time?
   • 5%
   • 7%
   • 10%

3. What percentage of ill-health is mental illness?
   • A quarter
   • Half
   • Two thirds

4. ‘Care in the Community’ is often seen as a tricky subject – however what percentage of people think that mental health services should be provided through community based facilities?
   • 11%
   • 51%
   • 74%

5. What percentage of the NHS budget is spent on mental health care?
   • 5%
   • 14%
   • 54%

6. On average, how much do you think improving and managing mental health in the workplace could save the British industry as a whole each year?
   • £80,000
   • £8m
   • £8bn

7. Depression in ethnic minority groups are found to be how much higher than the white population?
   • 40%
   • 50%
   • 60%

8. Among teenagers, the rates of depression have increased by how much over the past 25 years?
   • 18%
   • 35%
   • 70%
9. What was the leading cause of premature death for people between the ages of 5-35 in 2009?
   • Suicide
   • Cancer
   • Road accidents

10. Financial problems can be both a cause and a consequence of mental health problems. People in debt are how much more likely to develop mental health problems?
   • Twice as likely
   • Three times as likely
   • Four times as likely

11. Which of these statements about Schizophrenia is true?
    • People with Schizophrenia die younger
    • People with Schizophrenia have multiple personalities
    • Once people have Schizophrenia they can never recover

12. Social isolation is a factor in mental health problems. What percentage of people with common mental health problems live alone?
    • 10%
    • 15%
    • 20%
    (This is compared with 16% of the overall population)

13. What percentage of people with mental health problems believe that workplace stress was a factor?
    • A third
    • 2 thirds
    • 3 quarters

14. What percentage of people agreed that women who had been patients in a mental hospital can’t be trusted as babysitters?
    • 65%
    • 75%
    • 85%

15. What percentage of people would not want to live next door to someone with a mental health problem?
    • 11%
    • 51%
    • 81%
it's time to talk. it's time to change
let's end mental health discrimination