

## MENTAL HEALTH AWARENESS QUIZ

All answers are multiple choice, sometimes more than one answer is correct. The answers can be found on a separate sheet.

If you would like more information on mental health awareness visit [myrtwellbeing.org.uk](http://myrtwellbeing.org.uk) to access tools, personal experiences, tips and online courses.

1- How many people in the UK experience a mental health condition?

1/4

2/3

1/10

2- Which of these well-known people live with a mental health condition?

Catherine Zeta-Jones

David Beckham

Oprah Winfrey

3- Which of these are common symptoms of postnatal depression?

Tearfulness

Euphoria

Tension headaches

4- True or false - women are more likely to be diagnosed with mental health conditions than men?

True

False

5- Which of these statements are true?

'Chronic depression can come and go over the course of a lifetime but it's important to understand that people can and do recover.'

'Seasonal affective disorder otherwise known as SAD is a type of depression brought on during autumn and winter due to the lack of daylight.'

'Stress is an illness.'

# MENTAL HEALTH AWARENESS QUIZ

6- Which of these statistics about mental health are true?

People with depression may have a shorter life expectancy.

4/5 people with mental health conditions are unable to work.

Over 20% of people have had suicidal thoughts during their lifetime.

7- Can you name three of the most common mental health problems?

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8- Over half of all mental health problems start by which age?

18

16

14

9- True or false - Schizophrenia often first appears in people over 60

True

False

10- Which of the following are classed as mental health conditions?

Schizophrenia

Bipolar disorder

Migraine

Obsessive compulsive disorder