

# MENTAL HEALTH QUIZ QUESTIONS



1. How many people in the UK will experience a mental health problem every year?

1 in 8 / 1 in 2 / 1 in 4

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2. How many young people will experience an anxiety condition at some point in their lives?

1 in 6 / 1 in 15 / 1 in 24

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3. Which of these UK Prime Ministers experienced and talked about mental health issues?

Margaret Thatcher  
Winston Churchill  
Gordon Brown

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4. What proportion of Hertfordshire boys feel that it's ok to talk about their mental health?

20% / 50% / 70%

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5. Depression in young people can be best helped with talking therapies

True / False

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6. What proportion of young people with mental health problems say the stigma they face has made them want to give up on life?

26% / 6% / 52%

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7. Girls access support through talking therapies more than boys. What percentage of places are taken up by boys?

15% / 25% / 40%

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8. Give 2 reasons why boys do not want to use mental health services

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9. Suggest 2 things which can improve your mental health and wellbeing

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10. Mental Health affects everyone

True / False

# MENTAL HEALTH QUIZ Q & A SHEET



1. How many people in the UK will experience a mental health problem every year?

ANSWER - 1 in 4

1 in 8 / 1 in 2 / 1 in 4

2. How many young people will experience an anxiety condition at some point in their lives?

ANSWER - 1 in 6

1 in 6 / 1 in 15 / 1 in 24

3. Which of these UK Prime Ministers experienced and talked about mental health issues?

ANSWER - Winston Churchill

Churchill had clinical depression which he described as his "black dog", a phrase still used.

Margaret Thatcher  
Winston Churchill  
Gordon Brown

4. What proportion of Hertfordshire boys feel that it's ok to talk about their mental health?

ANSWER - 70%

72% of girls. This may be higher than pupils expect. We need to make it even higher - 100%.

20% / 50% / 70%

5. Depression in young people can be best helped with talking therapies

ANSWER - True

Evidence clearly shows that counselling (and other treatment options) can help. Counselling may be available at school or locally, or online through [www.Kooth.com](http://www.Kooth.com)

True / False

6. What proportion of young people with mental health problems say the stigma they face has made them want to give up on life?

ANSWER - 26%

Every classroom is likely to have 3 young people experiencing a mental health issue. 26% of those young people have felt the stigma around their condition was so severe that it made them want to give up on life. That is why we must support the people around us.

26% / 6% / 52%

7. Girls access support through talking therapies more than boys. What percentage of places are taken up by boys?

ANSWER - 25% of places in counselling sessions and other mental health support services are taken by boys. Girls don't have more mental health problems, they just ask for help more often.

15% / 25% / 40%

8. Give 2 reasons why boys do not want to use mental health services.

E.g. Fear of bullying / Worrying what people think / Embarrassment / Not knowing what to say / Fear of being judged / Don't think they need help / Believe they can sort out own problems / Don't believe services will help

9. Suggest 2 things which can improve your mental health and wellbeing.

POSSIBLE ANSWERS: Talking to someone / Getting enough sleep / Exercise / Healthy eating / Hobbies / Doing things you enjoy – music, art, etc.

10. Mental Health affects everyone

ANSWER: True

Just like physical health, we all have mental health, and this can fluctuate throughout our life – sometimes it is good, sometimes it is bad. The important thing is to look after it and to talk to someone you trust if you are struggling.

True / False