

## Mental Health Stigma and Discrimination Quiz

	True/False
1. It is estimated that one in six people in the UK have experienced a common mental health problem in the past week.	True – according to the mental health foundation 1 in 6 of those living in the UK will have experienced a common MH problem in the past week. They describe common mental health problems as depression, anxiety, schizophrenia and bi-polar disorder
2. Most people with a mental health problem will make a full recovery or will be able to live and manage them.	True – according to the mental health foundation most people will either make a full recovery or with the right support will be able to live a full life while managing their condition. This is particularly true if support and treatment is sought/offered early.
3. It is acceptable to call someone crazy or mad.	False – using derogatory names such as crazy, mad or mental to describe someone with a mental health problem adds to the negative association society has with mental health and results in stigma and discrimination.
4. Nearly nine out of ten people with mental health problems say that stigma and discrimination have a negative effect on their lives.	True – according to the mental health foundation the majority people who experience a mental health problem also experience stigma and discrimination, this is backed up by the findings from the “Our Voice Citizens Panel” who found that of the 7,000 people asked in Scotland, 7 out of 10 said they had witnessed someone being treated differently due to their mental health.
5. Many people's problems are made worse by the stigma and discrimination they experience - from society, but also from families, friends and employers.	True – both the mental health foundation and See Me have found that a person's problems are made worse due to experiencing mental health stigma and discrimination across different areas of their life.

6. The way the media portrays people with a mental health problem adds to the issue of Mental Health Stigma and Discrimination.	True – the mental health foundation found that media reports often link mental illness with violence, or portray people with mental health problems as dangerous, criminal, evil, or very disabled and unable to live normal, fulfilled lives.
7. People with a mental health problem find it harder to get a job and to stay in work due to mental health stigma and discrimination.	True - due to stereotyping by society, someone with a mental health problem may be overlooked by employers meaning it is harder to gain employment and/or to progress within that employment
8. People who experience mental health stigma and discrimination often live in poor standard housing.	True – according to see me, people who experience mental health stigma and discrimination may have difficulty in obtaining entitlements and support as well as avoiding opportunities due to a lack of confidence. This can have a knock on effect in that they are unsure of where or how to ask for support around housing for example.
9. It is right to challenge mental health stigma and discrimination in the workplace and in our personal lives.	True – according to mental health foundation and See Me, the only way we can make a change is to challenge Mental Health Stigma & Discrimination. This can be done in appropriate way, by changing our language and attitudes and encouraging others to do the same, and through policy, practice and campaigning.
10. The Equality Act 2010 makes it illegal to discriminate directly or indirectly against people with mental health problems in public services and functions, access to premises, work, education, associations and transport.	True – this is stated as part of the equality act 2010 in which mental health is a protected characteristic (of which there are 10 in total) in order to protect people from mental health discrimination.

