

Mental Health Stigma and Discrimination Quiz

1. It is estimated that one in six people in the UK have experienced a common mental health problem in the past week.
2. Most people with a mental health problem will make a full recovery or will be able to live and manage them.
3. It is acceptable to call someone crazy or mad.
4. Nearly nine out of ten people with mental health problems say that stigma and discrimination have a negative effect on their lives.
5. Many people's problems are made worse by the stigma and discrimination they experience - from society, but also from families, friends and employers.
6. The way the media portrays people with a mental health problem adds to the issue of Mental Health Stigma and Discrimination.
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.
8. People who experience mental health stigma and discrimination often live in poor standard housing.
9. It is right to challenge mental health stigma and discrimination in the workplace and in our personal lives.
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.