

Adult Mental Health Quiz

True or false statements

(Please circle)

1. Only certain kinds of people develop mental health problems	True/False
2. There are many different types of mental health problems	True/False
3. Most people who have mental health problems end up in hospital	True/False
4. If you think you have a mental health problem you should talk to someone about it	True/False
5. You can tell someone has a mental health problem by looking at them	True/False
Additional Quiz Questions	
6. You cannot recover from mental health problems	True/False
7. People with mental health problems are likely to be violent	True/False
8. In the UK, approximately 10 million work days are lost each year due to mental health problem	True/False

Adult Mental Health Quiz: Answers

1. Only certain kinds of people develop mental health problems	False Anyone can develop a mental health problem.
2. There are many different types of mental health problems	True There are many different types of mental health problems. In the course of a year, 1 in 4 people will suffer some kind of mental health problem. Many of these problems are mild and temporary and are often related to life circumstances (family, friends, change, loss, bereavement, unemployment, illness). These problems are manageable with help from friends, colleagues, neighbours, parents/carers, support organisations etc and they pass as people move on and find new solutions. However others are more serious and can make people particularly anxious, frightened or angry, or feel undermined, discriminated against and isolated.
3. Most people who have mental health problems end up in hospital	False Very few require hospital treatment. Given 1 in 4 can experience a mental health problem in any one year, can you imagine if all these people ended up in hospital!
4. If you think you have a mental health problem you should talk to someone about it	True Support is a positive factor in preventing mental health problems and promoting recovery.
6. You can tell someone has a mental health problem by looking at them	False You cannot “see” a mental health problem. Discuss: how are people with mental health problems portrayed in films and on TV? Is this where the misconceptions come from? Things are improving, there is more awareness and understanding but stigma and discrimination still exists and needs to be challenged.
7. You cannot recover from mental health problems	False The majority of people who experience a mental health problem do with help, make a complete recovery. People with long term diagnoses such as schizophrenia and bi-polar disorder, also experience recovery. Like physical health

	problems recovery is possible.
8. People with mental health problems are likely to be violent	<p>False</p> <p>The overwhelming majority of people with severe mental health problems experience symptoms which though distressing, do not make them violent or dangerous to the public.</p> <p>Violence or violent conduct is not a symptom of any mental health problem. A very small minority of people with serious mental health problems are sometimes at risk of harming themselves or others</p>
9. In the UK, 10 million work days are lost each year due to mental health problems	<p>False</p> <p>A staggering 70 million work days are lost each year due to mental health problems in the UK, costing employers approximately £2.4 billion per year.</p>