

## **Children and young people's mental health quiz**

### **True or false statements (Please circle)**

1. Only certain kinds of people develop mental health problems	<b>True/False</b>
2. There are many different types of mental health problems	<b>True/False</b>
3. Most people who have mental health problems end up in hospital	<b>True/False</b>
4. If you think you have a mental health problem you should talk to someone about it	<b>True/False</b>
5. People are born with mental health problems	<b>True/False</b>
6. You can tell someone has a mental health problem by looking at them	<b>True/False</b>
7. You cannot recover from mental health problems	<b>True/False</b>
8. People with mental health problems are likely to be violent	<b>True/False</b>

## Answers

<b>1. Only certain kinds of people develop mental health problems</b>	<b>False</b> Anyone can develop a mental health problem.
<b>2. There are many different types of mental health problems</b>	<b>True</b> There are many different types of mental health problems. In the course of a year, 1 in 10 young 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.
<b>3. Most people who have mental health problems end up in hospital</b>	<b>False</b> Very few require hospital treatment. Given 1 in 10 young people can experience a mental health problem in any one year, can you imagine if all these people ended up in hospital!
<b>4. If you think you have a mental health problem you should talk to someone about it</b>	<b>True</b> Support is a positive factor in preventing mental health problems and promoting recovery.
<b>5. People are born with mental health problems</b>	<b>False</b> You cannot be born with a mental health problem. The belief that you can probably arises from confusion between mental health problems and some learning disabilities.

<p><b>6. You can tell someone has a mental health problem by looking at them</b></p>	<p><b>False</b></p> <p>You cannot “see” a mental health problem.</p> <p><b>Discuss:</b> 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.</p>
<p><b>7. You cannot recover from mental health problems</b></p>	<p><b>False</b></p> <p>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.</p>
<p><b>8. People with mental health problems are likely to be violent</b></p>	<p><b>False</b></p> <p>The overwhelming majority of people with severe mental health problems experience symptoms that though distressing, do not make them violent or dangerous to the public. 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>