

Time to talk Take 10



Take this quiz to learn more about mental health, stigma and discrimination

1.

More than %? of people with mental, neurological and substance use disorders receive no treatment

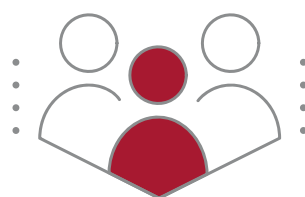
- a) 75%
- b) 50%
- c) 25%



2.

? in 5 of us lives with a mental illness

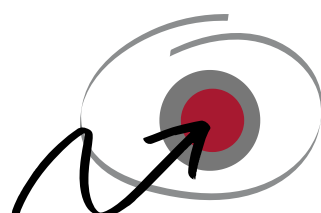
- a) 1
- b) 2
- c) 3



3.

What percentage of people with mental health problems have experienced stigma and discrimination?

- a) 30%
- b) 60%
- c) 90%



4.

What does the word 'stigma' mean (according to dictionaries)?

- a) A mark of disgrace
- b) Unwanted attention
- c) A falsehood or lie



5.

Which of the following contributes to stigma?

- a) Dressing up as a patient from a 'lunatic asylum' at Halloween
- b) Saying someone who likes to keep their home very tidy is a bit OCD
- c) A headline in a newspaper calling someone who has committed a crime a psycho
- d) All of the above



6.

What percentage of young people, aged 15-25, would tell someone if they were finding it difficult to cope with their mental health (compared to 78% who would tell someone if they were physically ill)?

- a) 37%
- b) 44%
- c) 53%



7.

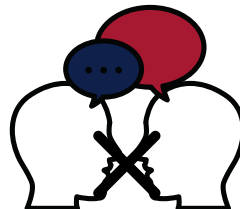
More than ? in 10 employees didn't know how to react or what to say to someone with depression (SADAG)

- a) 1
- b) 2
- c) 3



8.

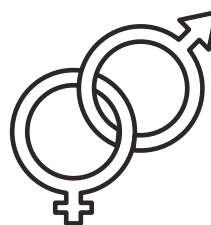
True or False: One of the key reasons people give for not talking about their mental health is stigma.



9.

Who has the highest suicide rate:

- a) women
- b) men



10.

What is the leading cause of disability worldwide? (SADAG, 2020)

- a) Anxiety
- b) Depression
- c) Alcohol abuse

