

Mental Health Quiz

Choose the letter which corresponds to the correct answer. Then link the box to the correct letter from those shown on the right. If all questions have been answered correctly all boxes should link with a letter.

What % of 5 to 16 year old in the UK have a mental health problem?

A: 1% B: 5% C: 10% D: 20%

How many teenagers are believed to self harm in the UK?

A: 1 in 15 B: 1 in 30 C: 1 in 50 D: 1 in 100

Which of these symptoms can happen if you're depressed?

A: Don't feel hungry B: Hungry all the time
C: Always tired D: Any of above

Which of these are possible triggers for a psychotic episode?

A: Going to school B: taking drugs
C: Going shopping D: All of above

What proportion of young people are worried about telling their friends they have mental health issues?

A: 75% B: 50% C: 25% D: 10%

How many murders are committed in England and Wales in a year by people judged to be mentally ill?

A: 1555 B: 555 C: 55 D: 5

Which of these people has experienced serious mental health problems?

A: J K Rowling B: Stephen Fry
C: Catherine Tate D: All of the above

Which of these statements about suicide in the UK is TRUE?

A: It is 2nd only to road accidents as the leading cause of death in under 35's
B: Talking about suicide DOES NOT increase the risk
C: More males than females attempt suicide
D: More females than males complete suicide

Which of the following are real medical conditions?

A: Diabetes B: Anxiety Disorders
C: High blood pressure D: All of the above

B

C

A

D

C

D

B

D

A

