



Quiz



Circle the correct answer

1. How many of us have mental health? A. 25% B. 50% C. 100%
2. How many people in the UK say they have experienced a mental health problem? A. 24% B. 45% C. 65%
3. How many GP appointments in Scotland relate to mental health? A. 1 in 2 B. 1 in 3 C. 1 in 4
4. How many people with mental health issues report experiencing stigma & discrimination? A. 12% B. 44% C. 90%
5. How many people say they have experienced mental health stigma in their area of employment? A. 30% B. 71% C. 93%
6. What percentage of Scots have witnessed people being treated unfairly because of their mental health? A. 48% B. 56% C. 69%
7. Do more women or men in Scotland take their own lives each year? A. Men B. Women
8. What percentage of Scots think colleagues are unlikely to speak about a mental health problem at work for fear of losing their job? A. 25% B. 38% C. 79%
9. Which age group in the UK report experiencing better mental health than average? A. 16-35 B. 35-55 C. 55+
10. How many young people said that they had experienced stigma and discrimination at some point when reaching out for or receiving support for their mental health? A. 37% B. 44% C. 66%

Answers



Question 1: How many of us have mental health?

Answer: C. 100% We all have mental health, just like we all have physical health.

Question 2: How many people in the UK say they have experienced a mental health problem?

Answer: A. 24% Approximately 1 in 4 people in the UK (24%) say they have experienced a mental health problem. **Source - Mind.org.uk**

Question 3: How many GP appointments in Scotland relate to mental health?

Answer: B. 1 in 3 33.3% of GP appointments are related to mental health and wellbeing issues. **Source - The Scottish Government – January 2022**

Question 4: How many people with mental health issues report experiencing stigma & discrimination?

Answer: C. 90% According to the **Mental Health Foundation in October 2021**, about 9 in 10 people with mental health issues report experiencing some form of stigma and discrimination.

Question 5: How many people say they have experienced mental health stigma in their area of employment?

Answer: B. 71% The **See Me Scottish Mental Illness Study 2022** reports that 71% of respondents said that they had experienced stigma and discrimination in the employment life area within the past 12 months. 29% reported it was experienced frequently or very frequently.

Question 6: What percentage of Scots have witnessed people being treated unfairly because of their mental health?

Answer: C. 69% of Scots have witnessed people being treated differently or unfairly because of a mental health problem – **See Me Scotland**

Question 7: Do more women or men in Scotland take their own lives each year?

Answer: A. Men There were 805 probable suicides registered in Scotland in 2020, which is a decrease from 833 in 2019. Just under three-quarters (71.4%) of people who died by suicide in 2020 were male (575 males, 230 females). The highest crude rate of suicide for males occurs in the 35 – 44 age group and for females in the 45 – 54 age group. - **Public Health Scotland Statistical report 17 August 2021**

Question 8: What percentage of Scots think colleagues are unlikely to speak about a mental health problem at work for fear of losing their job?

Answer: B. 38% Scottish workers think that people in their workplace would be unlikely to speak about a mental health problem for fear of losing their job. – **Report from Censuswide for See Me 2022**

Question 9: Which age group in the UK report experiencing better mental health than average?

Answer: C. 55+ Only a small minority of people (13%) were found to be living with high levels of positive mental health. People over the age of 55 report experiencing better mental health than average. **Source Mental Health Foundation.**

Question 10: How many young people said that they had experienced stigma and discrimination at some point when reaching out for or receiving support for their mental health?

Answer: C. 66% A research paper conducted by **Mind UK in August 2021** stated that 2 in 3 young people faced some form of stigma and discrimination when reaching out for or receiving support for their mental health.