Mental health
How much do you know?
Teacher Quiz and Answer Sheet

Test your students’ knowledge of mental health and mental health problems with this tutor time quiz. It will help develop your students’ understanding and challenge the misconceptions of mental health problems that affect young people. Ask your class to complete the Student Quiz Sheet, then use the information on the following pages to talk through their answers.

This activity can be adapted to be delivered over two sessions if needed, to allow time for discussion or questions that students might ask.

1. How many young people will experience mental health problems?
   a) 1 in 10   b) 1 in 100   c) 1 in 1000
   Answer: a) 1 in 10
   According to the Office for National Statistics (2004), 1 in 10 young people has mental health problems that are severe enough to require professional help. This translates to around three young people in the average classroom. Time to Change is trying to change the way we all think and act about mental health, so young people with mental health problems no longer feel isolated and ashamed.

2. What percentage of young people with mental health problems say the stigma they face has made them want to give up on life?
   a) 6%   b) 26%   c) 52%
   Answer: b) 26%
   A survey conducted by Time to Change showed that 26% of young people with mental health problems felt the stigma surrounding their condition was so severe that it made them want to give up on life.

3. What percentage of people with mental health problems reported stigma affecting their friendships?
   a) 15%   b) 28%   c) 65%
   Answer: c) 65%
   Time to Change’s 2014 ‘State of Stigma’ survey showed that 65% of people with mental health problems experienced stigma in their friendships. In addition, 57% reported stigma in their family life and 38% said they had experienced it in dating and relationships.

4. What percentage of young people with mental health problems say that fear of stigma has stopped them from applying for a job?
   a) 29%   b) 57%   c) 76%
   Answer: b) 57%
   Time to Change research has shown that stigma and discrimination are getting in the way of young people pursuing their future ambitions. 57% said fear of stigma had stopped them applying for a job and 32% that it had stopped them applying for or taking up a place at college or university.

Find more information and statistics at: www.time-to-change.org.uk/sites/default/files/TTC%20CYP%20Report%20FINAL.pdf

Don’t be afraid to talk

About mental health

proud to support
time to change

Let’s end mental health discrimination

Friday 24 March
Which of these is not an example of a mental health problem?

a) Depression  
b) Anorexia Nervosa  
c) Diabetes  
d) Self-harm  
e) Anxiety Disorder

Answer: c) Diabetes – a lifelong condition that causes a person’s blood sugar to become too high.

- Depression is characterised by the persistence of feelings of sadness or misery that interfere with a person’s ability to function.
- Eating disorders can come about due to very painful feelings that manifest in a serious disturbance in eating behaviour, like an unhealthy reduction in the amount you eat, or an extreme concern about your weight or body shape.
- Self-harm involves a person hurting themselves as a way of dealing with difficult memories, feelings or when they feel their life is out of control.
- Anxiety disorder happens when a person’s feelings of anxiety are very strong or last for a long time and interfere with their ability to function.

Before the Mental Health Discrimination Act was signed into law in 2013, what were some people with mental health problems prohibited from doing?

a) Being a psychologist  
b) Serving as an MP  
c) Representing Great Britain at the Olympic Games

Answer: b) Serving as an MP

Passed in February 2013, the Mental Health (Discrimination) Act repeals three areas of discrimination against those with mental health problems in UK laws and regulations, when there are no similar restrictions that apply to people with physical health conditions.

1. It repeals Section 141 of the Mental Health Act 1983, under which a Member of the House of Commons, Scottish Parliament, Welsh Assembly or Northern Ireland Assembly automatically loses their seat if they are detained under the Act for more than six months.
2. It amends the Juries Act 1974 to overturn the blanket ban on jury service for people who have had, or who have, a mental disorder within the meaning of the Mental Health Act 1983, and who regularly attend for treatment.
3. It amends the Companies (Model Articles) Regulations 2008 so that a person no longer ceases to be a director of a public or private company purely ‘by reason of their mental health’.

Celebrities are showing us that it’s OK to talk about mental health.

Which famous author said this about their depression?

‘What’s to be ashamed of? I went through a really rough time, and I am quite proud that I got out of that.’

Answer: JK Rowling

Which famous model and actress said this?

‘I didn’t really care that much about school, because I knew I wasn’t very good at it. I think I pushed myself so far that I got to the point where I had a bit of a mental breakdown. I didn’t want to live any more. I thought that I was completely alone… It’s about finding people around you who have your best interests at heart.’

Answer: Cara Delevingne

Which famous singer talked about stigma?

‘I think it’s important that people learn to talk about depression and we try to remove some of the stigma attached to mental health issues.’

Answer: Professor Green

Which famous pop star said this?

‘Unfortunately my anxiety that has haunted me the last few months… has got the better of me. I know those who suffer from anxiety will understand and I hope those who don’t can empathise with my situation.’

Answer: Zayn Malik
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