How many adults in Britain will struggle with a mental health problem this year?

* One in Four
* One in Ten
* One in Fifty
* One in Two Hundred

Who is most likely to get a mental illness?

* People with stressful jobs
* People who have a low income
* Anyone, regardless of intelligence, social situation or job
* Teenagers

People with mental health problems are violent

* True
* False

Which of the following groups has the highest level of suspected mental illness in Britain?

* Teenagers
* Ethnic Minorities
* People over the age of sixty
* Goths

What is the most common mental health problem?

* Anorexia
* Manic Depression
* Mixed anxiety and depression
* Schizophrenia

Which of the following are among the steps to positive mental health? (Tick as many as appropriate)

* Eat Cake
* Be Active
* Keep in touch with friends and Loved ones
* Watch lots of TV
* Take a different journey to work
* Read the newspaper
* Hibernate

People can’t work if they have a mental health problem?

* True
* False

There’s not much you can do to help someone who has a mental health problem?

* True
* False

What is the most common cause of death for men under the age of 35?

* Murder
* Alcohol
* Motor Vehicle
* Suicide

Five things I can do to promote my own mental health are:

1. \_
2. \_
3. \_
4. \_
5. \_