

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

* **One in Four**

1 in 4 people in the UK will experience a mental health problem each year. The overall number of people with mental health problems has not changed significantly in recent years, but worries about things like money, jobs and benefits can make it harder for people to cope. Source: MIND.

**Who can get a mental illness?**

* **Anyone, regardless of intelligence, social situation or job**

We all have mental health, the same as physical health so anyone can get mental illness.

People with mental health problems are violent

* False

Over a third of the public think people with a mental health problem are likely to be violent -in fact people with severe mental illnesses are more likely to be victims, rather than perpetrators, of violent crime Source: Time to Change

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

* Ethnic Minorities

It is likely that mental health problems go unreported and untreated because people in some ethnic minority groups are reluctant to engage with mainstream health services. It is also likely that mental health problems are over-diagnosed in people whose first language is not English The statistics on the numbers of Asian people in the United Kingdom with mental health problems are inconsistent, although it has been suggested that mental health problems are often unrecognised or not diagnosed in this ethnic group. Source: Mental Health Foundation

What is the most common mental health problem?

* Mixed anxiety and depression

Mixed [anxiety](http://www.mentalhealth.org.uk/help-information/mental-health-a-z/F/fear/) & [depression](http://www.mentalhealth.org.uk/help-information/mental-health-a-z/D/depression/) is the most common mental disorder in Britain, with almost 9% of people meeting criteria for diagnosis. (The Office for National Statistics Psychiatric Morbidity report, 2001) Source: Mental Health Foundation

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

* Eat Cake - Connect you usually eat cake and have coffee with friends
* Gardening - Be Active
* Keep in touch with friends and Loved ones - Connect
* Take a different journey to work - Take Notice
* Do a crossword - Keep Learning
* Donate Blood - Give

There are five ways to wellbeing ( I like to call them your 5 a day for good mental health) and these are important In protecting your mental health :

Connect with the people around you, think of your connections with people as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

Be Active exercising makes you feel good, discover a physical activity you enjoy; one that suits your level of mobility and fitness. Examples are – Take Stairs instead of the lift, Go to the park with the kids, Take a dance class, take up a new sport.

Take Notice, be curious. Catch sight of the beautiful. Remark on the unusual, notice the changing seasons. Reflecting on your experiences will help you appreciate what matters to you. Practice meditation, visit a new place for lunch, take a different journey to work.

Keep Learning - set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun to do.

Give – look out as well as in, Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you. Hold a fundraising event for a charity or organisations, join a community group, do something nice for a friend, give a smile and/or a (genuine) compliment.

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

* False

Many people who have a mental health condition find it beneficial to attend work – the routine and the people needing them to be there.

Theres not much you can do to help someone who has a mental health problem?

* False

You don't need to be an expert about mental health though. Sometimes, just doing the little things, like asking someone how they are, is all it takes to let someone know you're still thinking about them and make a big difference to how they're feeling - Source: Time to Talk

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

* Suicide

Suicide remains the most common cause of death in men under the age of 35 (Five Years On, Department Of Health, 2005). Source: Mental Health Foundation. British men are three times as likely as British women to die by suicide (Samaritans Information Resource Pack, 2004). This is usually due to the way they take their lives.

People with confirmed Mental Health conditions are more likely to die:

* 6 years earlier
* 10 years earlier
* No difference
* 7 years later

NHS England says people with mental illness have life expectancies about 10 years shorter than population as a whole. While average life expectancy in England and Wales has increased steadily year on year, and is now 83 for women and 79 for men, for people with mental health problems it is the equivalent to that of the general population in the 1950s: about 68 for men and 73 for women. Source: Health Conferences UK (article dated: 25/11/2013)

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

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