



**THE BIG
MENTAL HEALTH
GET TOGETHER**

Mental Health Awareness Quiz



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This short quiz is designed to help colleagues understand what mental illness is and that a broad range of conditions come within this category.

Instructions

- › Print the quiz page so that each person attending the session has a copy.
- › Ask the attendees to identify whether each condition is a mental health condition or not. The aim is to encourage conversation about mental health, so you could do this as a whole team exercise, or split the group into teams.
- › Facilitate the discussion without answering the question and challenge colleagues where appropriate. There's an answer sheet and some helpful information in the quiz notes to help you.

Before you start: This pack is designed to help you discuss mental health in a friendly and interactive way. However for some colleagues, conversations about mental health can be distressing. If possible – let colleagues know the session is coming so that they can prepare themselves or opt out.

Which of the following are mental health conditions?

Dyslexia

Hallucinations

Learning
difficulties

Agoraphobia

Hearing voices

Schizophrenia

Depression

Neurosis

Attention Deficit
Hyperactivity

Anxiety

Autism

Bi-Polar
Disorder

OCD

Anorexia

Psychosis

Answer sheet

Dyslexia



Hallucinations



Learning
difficulties



Agoraphobia



Hearing voices



Schizophrenia



Depression



Neurosis



Attention Deficit
Hyperactivity



Anxiety



Autism



Bi-Polar
Disorder



OCD



Anorexia



Psychosis



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Quiz Notes

- **Learning Difficulties / Dyslexia** is a general term for disorders that involve difficulty in learning to read or interpret words, letters, and other symbols. It is a cognitive impairment / disability but not linked to mental health.
- **Hallucinations, Hearing Voices** – Often symptomatic of mental health conditions but can also be caused by other factors i.e. sleep deprivation or medication can trigger hallucinations. They are very closely linked to psychological factors – but not mental health conditions in their own right.
- **Agoraphobia** – a fear of being in situations where escape might be difficult or that help wouldn't be available if things go wrong. Phobias in their more extreme forms are considered to be mental health conditions. Less chronic phobias would not be considered within this category.
- **Schizophrenia** – a mental disorder characterised by abnormal social behaviour, false beliefs and auditory hallucinations among many other symptoms.
- **Depression** – A condition which makes a person feel persistently sad or hopeless for weeks or months.
- **Neurosis** – a class of functional mental disorders involving distress but neither delusions nor hallucinations
- **ADHD** – There's a lot of debate as to whether ADHD should be classified as a mental illness. Caused by a chemical imbalance in the brain that affects attention, concentration and impulsivity. Most often experienced by children although it can continue into adulthood.
- **Anxiety** – Because anxiety is a normal human experience, it's sometimes hard to know when it's becoming a problem for you – but if your feelings of anxiety are very strong, or last for a long time, it can be overwhelming. You might find that you're worrying all the time, perhaps about things that are a regular part of everyday life, or about things that aren't likely to happen – or even worrying about worrying. You might regularly experience unpleasant physical and psychological effects of anxiety, and maybe panic attacks.
- **Autism** – Mental health is about thoughts and feelings whereas autism is about how the brain processes information. However people on the autistic spectrum have a higher susceptibility to mental health conditions.
- **Bi-Polar Disorder** – If you have bipolar disorder you will experience extreme swings in mood – from periods of overactive, excited behaviour – known as 'mania' or 'manic episodes' – to deep depression. Between these severe highs and lows, you may have stable times.
- **OCD** – Obsessions are unwelcome thoughts, images, urges or doubts that repeatedly appear in your mind; for example, thinking that you have been contaminated by dirt and germs. These obsessions are often frightening or seem so horrible that you can't share them with others. The obsession interrupts your other thoughts and makes you feel very anxious.
- **Anorexia** – an eating problem can be very hard to cope with but it's important to understand that eating problems aren't just about food. They can be about difficult things in your life and painful feelings, which you may be finding hard to express, face or resolve. Focusing on food can be a way of disguising these problems, even from yourself.
- **Psychosis** – Psychosis (also called a psychotic experience or episode) is when you perceive or interpret events differently from people around you. This could include experiencing hallucinations, delusions or flight of ideas. Seeing things that other people don't – such as people's faces, or other images or visions, like animals or religious figures. You may also see objects that appear distorted, or that move in ways they normally wouldn't. Experiencing tastes, smells and sensations that have no apparent cause – such as feeling insects crawling on your skin. Hearing voices that other people don't – these could be positive and helpful, or hostile and nasty. You may hear one voice or many different voices. They could be voices of people you know or be complete strangers.

You can find out more about mental health conditions by visiting mentalhealth-uk.org/help-and-information/conditions/