

TIME TO TALK QUIZ

time to
talk day
01/02/24



10 MULTIPLE CHOICE QUESTIONS TO GET YOU AND YOUR TEAM TALKING

1

WHAT AGE RANGE IS MOST LIKELY TO SUFFER FROM MENTAL HEALTH PROBLEMS?

- A) 16-24
- B) 24-35
- C) 35-59
- D) OVER 60

2

WHAT PROPORTION 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%

3

HOW MANY PEOPLE IN THE UK WILL EXPERIENCE A MENTAL HEALTH PROBLEM EVERY YEAR?

- A. 1/8
- B. 1/4
- C. 1/2

4

WHAT IS RATED AS THE MOST STRESSFUL FACTOR IN PEOPLE'S LIVES?

- A) WORK
- B) DEBT AND FINANCIAL PROBLEMS
- C) HEALTH
- D) FAMILY AND RELATIONSHIPS

5

WHAT PROPORTION OF PEOPLE WITH SEVERE MENTAL HEALTH PROBLEMS HAVE BEEN VICTIMS OF A CRIME IN THE PREVIOUS YEAR?

- A. 12%
- B. 28%
- C. 45%

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6

WHAT PROPORTION OF PEOPLE WITH MENTAL HEALTH PROBLEMS BELIEVE THAT WORKPLACE STRESS CONTRIBUTED TO THEIR ILLNESS?

- A. 1/5
- B. 1/3
- C. 2/3

7

HOW MANY PEOPLE IN THE UK ARE CURRENTLY LIVING WITH A MENTAL HEALTH PROBLEM?

- A) UNDER 5 MILION
- B) MORE THAN 2 BILLION
- C) MORE THAN 7 MILLION
- D) MORE THAN 70 MILLION

8

HOW LONG DO THE MAJORITY OF PEOPLE WITH A MENTAL HEALTH PROBLEM WAIT BEFORE TELLING THEIR CLOSEST FAMILY AND FRIENDS ABOUT IT?

- A. 2 MONTHS
- B. 7 MONTHS
- C. OVER A YEAR

9

HOW MANY PEOPLE WILL EXPERIENCE SUICIDAL THOUGHTS THROUGHOUT THEIR LIFETIME?

- A. 2%
- B. 17%
- C. 33%

10

WHICH IS THE MOST COMMON FORM OF MENTAL ILLNESS IN THE WORKPLACE?

- A) DEPRESSION AND ANXIETY
- B) OBSESSIVE COMPULSIVE DISORDER
- C) PANIC DISORDER
- D) EATING DISORDERS

ANSWERS

1C, 2B, 3B, 4A, 5C, 6C, 7C, 8C, 9B, 10A

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