

Mental Health Awareness Quiz.

1: How many people in the UK will experience a mental health problem every year?

- A. 1/2
- B. Everyone
- C. 1/4
- D. 1/3

2: What proportion of people with Mental Health problems report experiencing stigma?

- A. 20%
- B. 90%
- C. 50%
- D. 60%

3: How long do the majority of people with mental health problems wait before telling their family and friends about it?

- A. 6 hours
- B. 1 year
- C. 6 months
- D. 2 Months

4: Anyone who has ever had a mental health problem is un-predictable, dangerous and prone to violence towards strangers.

- True
- False

5: What is the most common mental health condition in the UK?

- A. Depression
- B. Anxiety
- C. Schizophrenia
- D. OCD

6: Talking to people about suicide: their thoughts, potential plans, feelings can encourage them and lead them to actually kill themselves.

- True
- False

7: Only women can have an eating disorder.

- True
- False

8: People who are experiencing a mental health problem cannot obtain meaningful work or hold down a decent job?

True

False

9: When you exercise, your brain chemistry changes through the release of endorphins, which can calm anxiety and lift your mood.

True

False

10: How many people across the world are estimated to have mental illness?

A. 100 Million

C. 450 Million

B. 200 Million

D. 550 Million

11: Who is the most likely person to get mental illness first?

A. People with a stressful job

B. Mental health can affect anyone regardless of anything

C. Poor & uneducated people

D. People who have a hereditary link with mental health

12: Which of these is **NOT** a symptom of schizophrenia?

A. Hallucinations

C. split personality

B. Delusions of persecutions

D. Disorganised behaviour

13. The only evidence based treatment for mental health problems is medication.

True

False

14: Which of these has historically **NOT** been characterised as a mental health problem?

A. Hysteria

C. Moral Insanity

B. Homosexuality

D. Veganism

What is mental health?

•“A state of wellbeing in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.” World Health Organization (2014)

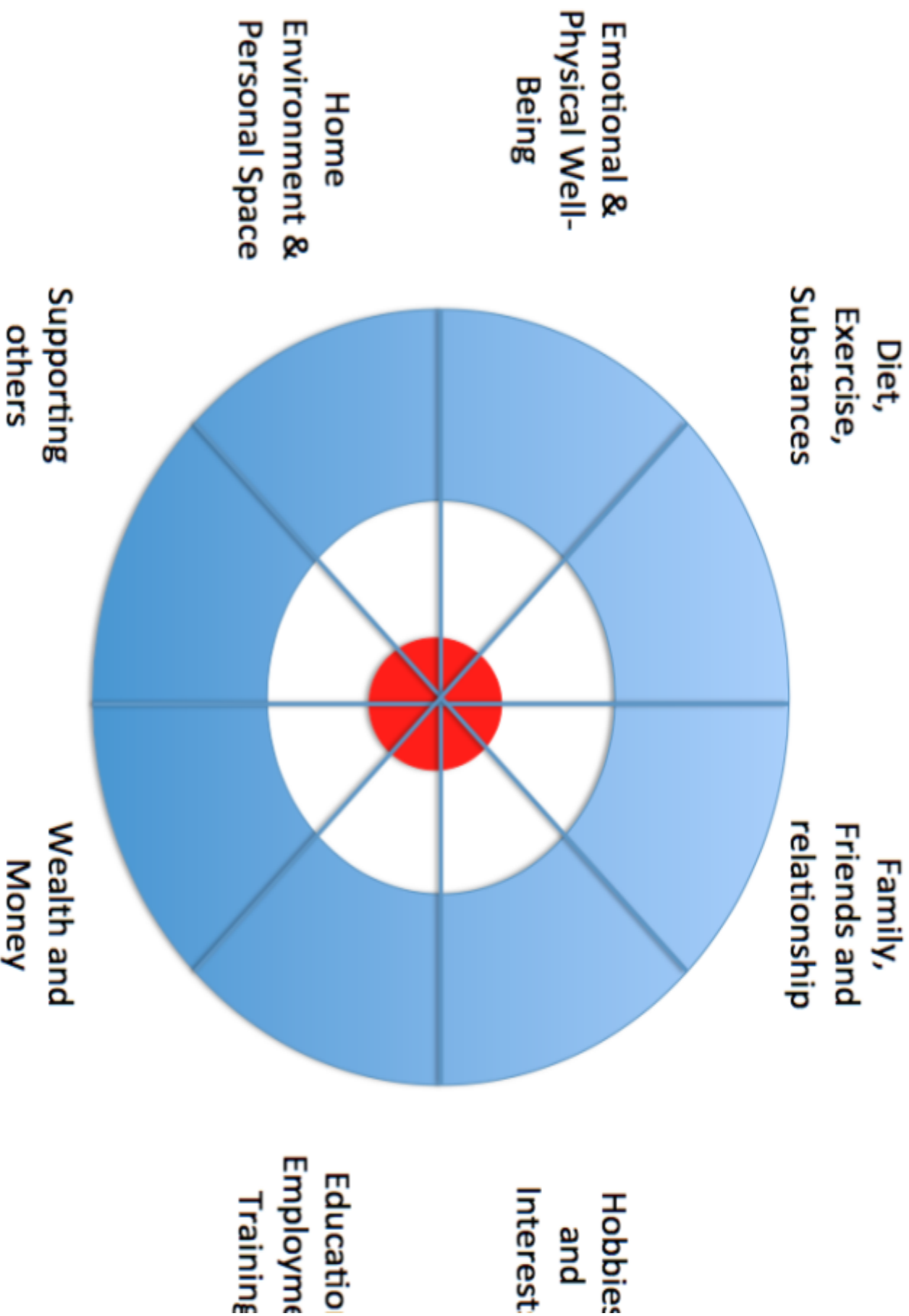
What is mental wellbeing?

- It is more than the absence of mental illness and it is more than feeling happy.
- It is the ability to cope with the day-to-day stresses of life, work productively, interact positively with others and realise our own potential. It is being able to feel content with your life.

Factors of mental Wellbeing:



Being Bullseye.



ESCAPE!!! – INSTRUCTION SHEET

*In 30 minutes the Earth is about to be totally destroyed. **All** the members of your group are safely inside a **rocket** which can escape this disaster. There is enough fuel and food for 30 years. You are travelling in the hope that you will find somewhere that is habitable but this is by no means certain. The accommodation is rather cramped and there is very little opportunity for privacy.*

***Your places on the rocket are safe and you cannot be asked to give them up.** There are **ten** people outside the rocket who are desperately hoping to escape and from these **you must choose only five** to fill the remaining places to balance the rocket for take off. You are the only people to escape from the world.*

*It is in everyone's interests that the group should make its decisions as **unanimously** as possible. **You will be asked the reasons for your choices later.***

1 Priest Aged 35 – white – previously a vet – a quiet person who is often able to calm and comfort others.

2 Pregnant woman Aged 25, and seven months pregnant – Asian – a good cook – she is in good health and expects a normal delivery – she is a practising Muslim.

3 Pregnant woman's husband Aged 26 – Asian – runs a successful building business and is competent in all the basic construction skills.

4 Armed policeman Aged 38 – white – awaiting promotion to Inspector – trained in the use of firearms and electronic communications – commended for bravery after rescuing two people from a burning car – leaving a wife and two children – carrying a loaded pistol.

5 Footballer Aged 22 – male – white – also trained as a butcher – well thought of as a footballer – has a knack of rallying the team when they seem demoralized or about to face defeat.

6 Nurse Aged 25 – male – white – qualified in both general medical and psychiatric nursing – gay – leaving behind a male companion with whom he has lived for the last five years – regularly attends a Protestant church.

7 Blonde actress Aged 22 – white – trained as a primary school teacher before becoming a successful actress in TV comedies – had a nervous breakdown four years ago.

8 Geologist Aged 32 – female - white – has had two children by a previous marriage – now divorced – working for a mining company identifying rock specimens – has been actively involved with the Church of Scientology.

9 Science student Aged 20 – male – black – completed two years of a degree course in micro-electronics and the use of computers – parents are from Jamaica – he has been developing an interest in the Rastafari movement.

10 Teenager Aged 14 – female – white – still at school and interested in sciences – tends to be moody which could just be her age but her parents had arranged for her to see a psychologist next week to get advice about this.

All ten people are physically and mentally fit unless stated otherwise.

5 things that can improve our wellbeing

- 1) *Connect:* With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day. Think about coming to more CODA events in the future: where you can meet more people with similar shared experiences to yourself.
- 2) *Be active:* Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness. This is especially important if you live in a busy city, take some time for yourself and put other things aside.
- 3) *Take notice:* Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you. There are a wide range of different mindfulness apps for your phone, or there are group sessions. Have a go and see what works for you.
- 4) *Give:* Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you. Consider if you could put sometime aside to volunteer or get involved with a cause that you strongly support.
- 5) *Keep learning:* Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

Books About Mental Health

Benas, A., Hart, M. (2017). *Mental Health Emergencies: A Guide to Recognising and Handling Mental Health Crises*: Written by a mental health associate and a social worker, this book aims to help people recognise mental health crises in the people around them. This book also aims to teach the reader how to support people in the midst of a mental health crisis.

Bly, N. (1887). *Ten Days in a Mad-House*: This book details investigative reporter Nellie Bly's exposé of a New York City insane asylum in the late 1800s. In the book, the author details how she checked into a boarding house, feigned insanity and was promptly declared insane and sent to an insane asylum. Bly spent 10 days in the asylum, during which she uncovered the horrific conditions that patients were subjected to, causing the city and the country to reevaluate how they treated the mentally ill.

Bruce, J. (2016). *Stigma: The Many Faces of Mental Illness*. This book, from a doctor with a mood disorder, aims to educate people about mental health issues and ultimately destigmatize mental health issues. The book describes various mental health disorders and the nuances of them, making it a great educational book. The author also discusses a wide variety of people with mental health issues, breaking down stereotypes about mental health along the way. This is a great book for someone who wants to understand more about mental health issues in themselves or others.

Sacks, O. (1998). *The Man Who Mistook His Wife for A Hat: And Other Clinical Tales*. This book from Oliver Sacks is a pop psychology classic. In it, Sacks discusses a few different cases of mental health disorders, focusing on the person rather than the disorder the whole way through. This is an excellent book for learning about mental health disorders in a way that doesn't necessarily ostracise people with mental health issues. The book's scope also makes it a great introduction to mental health disorders.

Virginia Axline (1964) *Dibs in Search of Self*: A very emotional book about a series of play therapy sessions. The classic of child therapy. Dibs will not talk. He will not play. He has locked himself in a very special prison. And he is alone. This is the true story of how he learned to reach out for the sunshine, for life . . . how he came to the breathless discovery of himself that brought him back to the world of other children.

Irvin D. Yalom (1989) *Love's Executioner and Other Tales of Psychotherapy*: The collection of ten absorbing tales by master psychotherapist Irvin D. Yalom uncovers the mysteries, frustrations, pathos, and humour at the heart of the therapeutic encounter. In recounting his patients' dilemmas, Yalom not only gives us a rare and enthralling glimpse into their personal desires and motivations but also tells us his own story as he struggles to reconcile his all-too-human responses with his sensibility as a psychiatrist. Not since Freud has an author done so much to clarify what goes on between a psychotherapist and a patient.