



World Mental Health Day Mental Health at Work Lunchtime Quiz

1. How many people in the UK will experience a common mental health condition, such as anxiety or depression every year?

- a. 1/10
 - b. 1/8
 - c. 1/4
 - d. 1/2
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2. How long do the majority of people with a mental health problem wait before telling their closest family and friends about it?

- a. 1 months
 - b. 3 months
 - c. 7 months
 - d. Over a year
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3. What percentage of work-related ill health does Stress, depression or anxiety accounts for?

- a. 15%
 - b. 26%
 - c. 49%
 - a. 55%
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4. What was the cost in the UK of mental ill health in the workplace last year?

- a. £4 billion
- b. £17 billion
- c. £33 billion
- d. £51 billion



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5. Name three common physical symptoms of stress

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6. Name two cognitive symptoms of depression at work

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7. How many days of sickness absence caused by mental health issues in the UK were there last year

- a. 3.7 million
- b. 12.8 million
- c. 17.1 million
- d. 24.3 million

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8. What proportion of people with mental health problems experience stigma?

- a. 10%
- b. 30%
- c. 50%
- d. 90%



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9. What percentage of employees work outside contracted hours to get work done

- a. 11%
- b. 23%
- c. 36%
- d. 51%

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10. What percentage of employees use allocated time off (holidays) when unwell

- a. 11%
- b. 23%
- c. 36%
- d. 51%

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11. What percentage of employees would not share their mental health struggle with their employer.

- a. 18%
- b. 23%
- c. 66%
- d. 75%

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12. Which of the following is a common reason why people with mental health conditions may not seek help?

- a. Fear of stigma
- b. Lack of awareness of available services
- c. Financial concerns
- d. All of the above



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13. What is the role of a manager in promoting mental health in the workplace?

- a. To diagnose mental health conditions
- b. To provide professional mental health treatment
- c. To create a supportive and inclusive work environment
- d. To prescribe medication for mental health conditions

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14. What is the role of a mental health first aider in the workplace?

- a. To offer support and guidance to colleagues experiencing mental health difficulties
- b. To provide professional mental health treatment
- c. To diagnose mental health conditions
- d. To prescribe medication for mental health conditions

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15. List three self-care strategies you can incorporate into your workday:

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16. Which of the following is a benefit of offering mental health support in the workplace?

- a. Improved employee morale
- b. Reduced absenteeism
- c. Increased productivity
- d. All of the above