

# MENTAL HEALTH MONTH TRIVIA

Get a group of colleagues together for some mental health trivia. Staff can answer as individuals or in small teams.

The questions are laid out below, but feel free to add your own if you want.

The correct answers are shown in bold, green text.

Some questions are multiple choice and some even have more than one correct answer.

You can decide how to score the trivia, but as a general guide we suggest one point per correct answer. Questions with multiple correct answers can be worth more than one point.

Don't forget a prize! You can order awesome Tune In Merch from the Mental Health Month merch store to give to the winning team.



[mentalhealthmonth.wayahead.org.au/workplace-mhm-merch/](https://mentalhealthmonth.wayahead.org.au/workplace-mhm-merch/) →

1. Depression is the most reported mental illness among Australians and is ranked what number in terms of highest burden of disease in Australia and worldwide?

- 1st
- **3rd**
- 5th
- 10th

2. What percentage of Australian's will experience a mental illness in their lifetime?

- **45%**
- 20%
- 40%
- 50%

3. Psychosis is often misunderstood and highly stigmatised. Which of the following statements are true?

- To be diagnosed with psychosis means you have multiple personalities.
- **Most people who have experienced psychosis live normal and productive lives.**
- **Psychosis is not restricted to certain genders, ages, diseases or cultures.**

4. Anxiety disorders are the most prevalent psychiatric condition in kids these days affecting

- 1 in 5 children
- **1 in 10 children**
- 2 in 10 children
- 1 in 20 children

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5. The Aboriginal term Daddiri means:

- Thank you
- Deep listening
- The meeting place
- Hard Work

6. Covid-19 and its associated lockdowns lead to a sudden loss of employment and social isolation. This led to: (tick all correct)

- Increase uptake in mental health services
- Increase in deaths by suicide
- Access to MBS-subsidised telehealth psychology services
- Prescriptions for antidepressants rose by 5% in the four weeks of the first wave of the pandemic

7. What are appropriate words to use when talking about or describing someone's mental health

- Mentally ill
- Suicidal thoughts
- Crazy
- Mentally Distressed

8. Tuning in can help... (tick all correct)

- Rebuild connections and communities
- Identifying things that may harm or help one's mental health
- Build hope by sharing what you learnt with others and vice versa
- Challenging negative ideas around mental health

9. Can you list 3 great ways to tune in at work? - use your discretion but examples include the following

- Doing Mindfulness or meditation
- Exercising, getting outdoors or in nature
- Taking a device free break
- Doing something creative eg. Colouring in
- Checking in with a colleague
- Having self-compassion or gratitude for what you have accomplished
- Setting work boundaries and sticking to set hours

10. What fraction of Australian workers took time off in a 12-month period because they felt stressed, anxious, depressed or mentally unwell?

- 1/20
- 1/10
- 1/5
- 2/5

11. 35% of employees don't know how to access or don't know mental health support exists in their workplace, support is available through who at your company?

- Fill in answers yourself... EAP program?