**Mental health matters Quiz**

1. **What percentage of adults in the UK will experience a mental health problem?**

🞏 10%

🞏 20%

🞏 25 %

🞏 40 %

1. **What percentage of children and young people will experience a mental health problem?**

🞏 10%

🞏 20%

🞏 30 %

🞏 40 %

1. **True or false, 70% of people with mental health problems experience stigma and discrimination?**

🞏 True

🞏 False

1. **True or false, 75% of people with mental health conditions do not have access to the care they need.**

🞏 True

🞏 False

1. **When did the Government publish its strategy ‘No Health Without Mental Health’?**

🞏 2009 🞏 2011

🞏 2010 🞏 2012

**Answers**

1. **What percentage of adults in the UK will experience a mental health problem?**

25%

1. **What percentage of children and young people will experience a mental health problem?**

10%

1. **True or false, 70% of people with mental health problems experience stigma and discrimination?**

False, this figure is even higher. 90% of people with mental health problems experience stigma and discrimination.

1. **True or false, 75% of people with mental health conditions do not have access to the care they need.**

True.

1. **When did the Government publish its strategy ‘No Health Without Mental Health’?**

2011