



# Time To Talk: Take Ten

Take our quick quiz to learn more about mental health, stigma, and discrimination.



- 1. How many people have mental health?**
  - a) 1 in 4 (25%)
  - b) 1 in 3 (33%)
  - c) 1 in 1 (100%)**
- 2. What percentage of Scots have witnessed people being treated unfairly because of their mental health?**
  - a) 48%
  - b) 56%
  - c) 69%**
- 3. What percentage of people with mental health problems have experienced stigma and discrimination?**
  - a) 30%
  - b) 60%
  - c) 90%**
- 4. What does the word 'stigma' mean (according to dictionaries)?**
  - a) A mark of disgrace**
  - b) Unwanted attention
  - c) A falsehood or lie
- 5. Which of the following contributes to stigma?**
  - a) Dressing up as a patient from a 'lunatic asylum' at Halloween
  - b) Saying someone who likes to keep their home very tidy is a bit OCD
  - c) A headline in a newspaper calling someone who has committed a crime a psycho
  - d) All of the above**
- 6. What percentage of young people, aged 15-25, would tell someone if they were finding it difficult to cope with their mental health (compared to 78% who would tell someone if they were physically ill)?**
  - a) 37%**
  - b) 44%
  - c) 53%
- 7. What percentage of Scots would be willing to speak to their manager about their mental health?**
  - a) 25%
  - b) 40%**
  - c) 61%
- 8. True or False: One of the key reasons people give for not talking about their mental health is stigma.**
- 9. How many suicides were recorded in Scotland in 2017?**
  - a) 728 (517 males and 211 females)

*These were the 2016 figures.*

**Choose talk,  
Change lives.**



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b) **680 (522 males and 158 females)**

*Suicides overall went down but male suicides rose year on year.*

c) 572 (418 males and 154 females)

10. **True or False:** Suicide is currently the single biggest killer of men under the age of 45 in the UK.



**Choose talk,  
Change lives.**