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.
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.