

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/ →

1. When was the first ever World Mental Health Day?
 - a. 10 October 1985
 - b. 10 October 1992**
 - c. 10 October 2001
 - d. 10 October 2010
2. What are the different ways you can tune in for mental health?
 - a. Tune in to stigma**
 - b. Tune in to self**
 - c. Tune in to community**
 - d. Tune into the radio
3. What is the leading cause of disability worldwide?
 - a. Depression**
4. What are the estimates for the cost of workplace absenteeism due to mental ill health?
 - a. Approx. \$1 million per year
 - b. Approx. \$5 billion per year
 - c. Approx \$10 billion per year**
5. What percentage of Australians will experience a mental illness in their lifetime
 - a. 1 in 5 / 20%**

6. If you are concerned about someone you knows' mental health, you should....
- Ignore them as you wouldn't want to say the wrong thing
 - Ask them if they would like to talk
 - Talk to an expert about some ways to offer support
 - Both B and C**
7. Positive Psychology is based around the PERMA model. What does PERMA stand for?
- Positive emotion; engagement; relationships; meaning; accomplishments**
 - Positive emotion; engagement; religion; meaning; acceptance
 - Positive engagements; emotions; relationships; meaning; acceptance
8. Which of these activities are great for self-care?
- Exercise**
 - A warm bath**
 - Listing 3 things you're grateful for**
 - Watching paint dry
9. Aboriginal and Torres Strait Islander people are 3 times more likely than the general population to experience psychological distress, which can be linked to the ongoing impacts of marginalisation, intergenerational trauma, and discrimination, including within the medical system. In order to encapsulate these and other community-specific aspects of mental health many Aboriginal and Torres Strait Islander people use a different term to refer to "Mental Health", what is it?
- Social and emotional wellbeing**
10. What are some of the ways you can be a Mental Health Ally:
- Listening to understand, not to react**
 - Getting educated**
 - Creating a safe environment for all by avoiding using stigmatising language such as "crazy"**
 - Speak up by boosting a person's voice if they are speaking from experience**
11. Minority Stress – chronic stressors that people from marginalised communities are exposed to - not only negatively impacts mental health but can make it difficult or impossible to access treatment. People of diverse sexualities (e.g. Lesbian, Gay, Bisexual) experience minority stress, which can correlate to experiencing an anxiety disorder. How do the rates of anxiety disorders amongst LGB Australians compare to heterosexual Australians?
- About half of the rate of non LGB people
 - About the same
 - More than double the rate of non-LGB people**
 - 1.5 times the rate of non-LGB people