

Mental Health

The mental health of children looked after and care leavers is something we feel is very important.

In the Corporate Parenting Strategy 2018 – 2022 it states in the Corporate Parenting Principles:

To act in the best interests and promote the physical and mental health and well-being of those children and young people.

Mental Health Awareness Quiz



Question 1

- **'Stigma'** refers to:
 - a) A plan of treatment agreed to by a patient and doctor.
 - b) Lack of knowledge about mental health.
 - c) Prejudice in society which could prevent people in need from speaking up or seeking help.



Answer

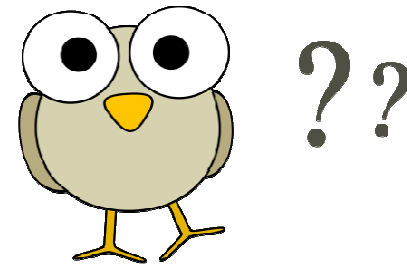
- Stigma refers to:

c) Prejudice in society which could prevent people in need from speaking up or seeking help.

There continues to be a stigma associated with mental illness that contributes to feelings of shame and guilt and this may prevent people from asking for help.

Question 2

- Mental health refers to:
 - a) Achieving a period of 12 – 18 months without a psychotic episode
 - b) Striking a balance in all aspects of your life – social, physical, spiritual, economic, mental.
 - c) A constant feeling of contentment.



Answer

- Mental health refers to:
b) Striking a balance in all aspects of your life – social, physical, spiritual, economic, mental.

Generally good mental health means achieving a balance between all aspects of life.



Question 3

- Who is most likely to get a mental illness?
 - a) Poor, uneducated people
 - b) Mental illness can affect anyone, regardless of intelligence, social class or income level.
 - c) People with stressful jobs.



Answer

- b) Mental illness can affect anyone, regardless of intelligence, social class or income level.

No-one is immune from suffering from mental illness, it can affect anyone.



Question 4

- Clinical depression is:
 - a) Severe feelings of worthlessness, sadness and emptiness that last for several weeks and begin to interfere with a person's work and social life.
 - b) Sadness or disappointment.
 - c) Depression brought on by frequent trips to a hospital or dental clinic.



Answer

Clinical depression is:

- a) Severe feelings of worthlessness, sadness and emptiness that last for several weeks and begin to interfere with a person's work and social life.



Question 5

What does SAD stand for?

- a) Simple Anxiety Defect
- b) It is a short form of 'sadness'
- c) Seasonal Affective Disorder – a type of depression that follows a seasonal pattern



Answer

- What does SAD stand for?
c) Seasonal Affective Disorder – a type of depression that follows a seasonal pattern.

Seasonal Affective Disorder is marked by an increase in symptoms of depression in October and November and then a decrease in April and May.

Question 6

Post-traumatic stress disorder is:

- a) A recurring anxiety disorder resulting from the trauma of an unexpected, shattering event.
- b) A one-time reaction to a very difficult experience.
- c) A panic disorder.



Answer

Post-traumatic stress disorder is:

- a) A recurring anxiety disorder resulting from the trauma of an unexpected, shattering event.

PTSD is not just a one time reaction to a very difficult experience but a recurring anxiety.



Question 7

Social Phobia is:

- a) A dislike of hosting social get-togethers.
- b) An excessive fear of social or performance situations.
- c) A resistance to gatherings of more than five people.



Answer

Social phobia is:

b) An excessive fear of social or performance situations.

This anxiety can be specific to a certain social situation such as speaking, eating or writing in front of others or can be a more general fear of the majority of social encounters.

ANSWER

Question 8

Agoraphobia is:

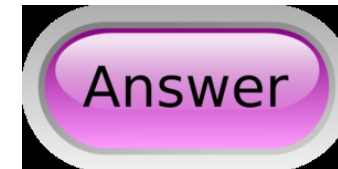
- a) A fear of being in places or situations which would be difficult to escape from.
- b) A fear of the outdoors.
- c) An eating disorder.



Answer

Agoraphobia is:

- a) A fear of being in places or situations which would be difficult to escape from.



Agoraphobia is the fear of having panic attacks in places or situations which would be difficult to escape from. It is not a fear of going out into public places.

Question 9

If a person is having a panic attack, the best response is to:

- a) Firmly hold and restrain them.
- b) Stay with them and encourage them to be calm and breathe deeply.
- c) Try to dismiss their fears by telling them that it is all in their mind.
- d) Use it as a time to help the individual confront the fear head-on and find its cause.

Answer

If a person is having a panic attack, the best response is to:

b) Stay with them and encourage them to be calm and breathe deeply.

The most effective ways of helping a person through a panic attack are to speak slowly and help the person remain calm and take deep breaths. Do not try to grab or hold them, do not dismiss their fears as irrational or force them to confront it immediately.

Question 10

People with schizophrenia are typically violent.

True

False



Answer

People with schizophrenia are typically violent:

False

Individuals with schizophrenia are not prone to violence.



How did you
do?

Activity

On the sheet write how you think this person can help and support someone's mental health.

What are the action points, if any, to be taken from this activity?