

## Mental health quiz for teams

**What's the biggest cause of disability across the world?**

*Mental health: anxiety and depression.*

**Which of these is NOT a stress factor at work according to the HSE?**

*Relationships – Role – Money – Change – Workload – Control*

**There were 1.8 million working people suffering from a work-related illness in 2022-2023. About 473,000 suffered from work-related musculoskeletal conditions. How many experienced work-related stress, anxiety and depression?**

*875,000 workers suffering work-related stress, depression or anxiety*

**If you repeatedly call someone a “woke snowflake” at work, it could count as bullying?  
True or false**

*True – this behaviour ignores what can be a very serious and painful experience. Bullying harms people and may be unlawful under the Equality Act.*

**Who's more likely to receive a diagnosis of anxiety? Men or women?**

*Women. 1.5-2 times as likely. Why?*

**Who's more likely to die by suicide?**

*Men the ratio is 4:1. It's the biggest killer of men aged 18-55 in the UK.*

**What industry records the highest incidences of suicide?**

*Construction (Dentistry records the highest percentage per head.)*

**For people with lifetime conditions, about half start experiencing problems at what age?**

*Age 14 Mental Health Foundation 'Fundamental Facts About Mental Health 2016*