Mental Health Awareness Quiz
1. In the UK, what percentage of working days lost were due to mental ill health in 2017/18?

a) 57%
b) 48%
c) 75%

(HSE health and safety at work report, 2017/2018)
2. In 2017/2018, what was the cost to the UK economy in sickness absence?

a) £9.2 million
b) £4.5 billion
c) £8.4 billion

(Centre for mental health, 2018)
3. In 2017/2018, how many UK workers suffered from work-related stress, depression or anxiety?

a) 595,000

b) 456,000

c) 365,000

(HSE health and safety at work report, 2017/2018)
4. In the UK, what percentage of all work related illnesses were attributed to mental ill health in 2017/18?

a) 44%

b) 60%

c) 36%

(HSE health and safety at work report, 2017/2018)
5. In 2017, what percentage of UK workers felt that they could not disclose a mental health issue at work?

a) 35%
b) 49%
c) 60%

(Personnel Today, 2017)
6. In 2018, how many times higher was the suicide rate among male labourers compared to the national average?

a) 2.5 times higher
b) 3.7 times higher
c) 1.2 times higher

(Office of National Statistics, 2018)
7. In 2017, what percentage of people in the UK discussed a recent mental health issue with their line manager?

a) only 30%

b) only 23%

c) only 11%
8. In 2017, how many employers reported that they had no cases of employees disclosing a mental health condition?

a) 8 in 10 employers
b) 4 in 10 employers
c) 6 in 10 employers
All these numbers represent a person.

It may be that there is someone near by who is affected. It may be you.

Remember you’re not alone. Let’s talk.
You are part of the action
Be a mate
Be the change