



Your Employee and Family Assistance Program is a support service that can help you take the first step toward change.

Mental illness: How aware are you?



The most challenging obstacle to mental illness awareness is a combination of lack of knowledge and misinformation. Mental illness is sensationalized in the media, with fiction often casting a shadow over fact. How much do you know about mental illness? Use this quiz to see how much you already know about mental illness, and to find out where you have the opportunity to improve your understanding. *Be sure to check your answers with the correct ones at the bottom of the quiz.*

1. Who is most likely to experience a mental illness?
 - a. People with very demanding jobs who work more than 40 hours a week
 - b. Adults above the age of 55
 - c. Mental illness **affects all populations**, and is not determined by social class, income level or lifestyle
 - d. Unemployed people

2. Depression, anxiety disorders, and bipolar disorder are all:
 - a. Personality disorders
 - b. Mood disorders
 - c. Brief phases that affect everyone every now and again.

3. SAD is an abbreviation of:
 - a. Simple Anxiety Disorder
 - b. Seasonal Affective Disorder
 - c. Stress, Anxiety, and Depression
 - d. Sadness

4. True or False: you can tell by looking at someone if they have an eating disorder.
 - a. True
 - b. False

5. Someone is at a greater risk for attempting suicide if:
 - a. Have attempted suicide in the past
 - b. A family member or loved one has died of suicide
 - c. If they are under the influence of drugs or alcohol
 - d. Any of the above

6. Posttraumatic stress disorder (PTSD) is:
 - a. Another term for bipolar disorder
 - b. A recurring anxiety disorder that is triggered by a traumatic event or series of events
 - c. A one-time reaction to a terrifying experience
 - d. Both b & c

7. Agoraphobia is:
 - a. Fear of spiders
 - b. Fear of public places
 - c. Fear of situations which would be difficult to escape from
 - d. Fear of shopping malls

8. Social anxiety disorder is:
 - a. Discomfort in groups of more than four people
 - b. An intense fear of social or performance situations
 - c. The normal anxiety that accompanies public speaking

How did you do?

Check your answers below, and explore the additional information to help you understand more about mental illness.

1. Answer c.

2. Answer b.

3. Answer b. [Seasonal Affective Disorder](#) is a mood disorder that is influenced by the seasons, most commonly presenting as increased depression during the winter months.

4. Answer b. Many people believe that people with eating disorders are extremely thin or look ill. [People with eating disorders can be underweight, overweight or average](#), and it is rarely visible.

5. Answer d. Let's explore more: [Previous suicide attempts; family history of suicide and substance abuse disorders and/or intoxication are all risk factors for suicide](#).

6. Answer b. [Posttraumatic stress disorder is a recurring and ongoing condition, not a one-time reaction](#). It is most often triggered by traumatic events or experiences such as warfare, sexual assault or other forms of violence.

7. Answer c. [Agoraphobia is an anxiety disorder where the sufferer fears places and situations that would be difficult to escape from or seek help in](#). Although these are often public places like malls, airports, and anywhere there is a crowd, the fear is not specifically of being in public.

8. Answer b. [Social anxiety disorder or social phobia is overwhelming fear during normal social encounters](#), especially when there is the feeling of being judged. It is more intense than simply being shy or nervous.

please refer to your benefit material for more information. For immediate assistance, call 1.844.880.9137.