



## Would you recognize mental illness?

According to the World Health Organization, mental disorders are a leading cause of ill-health and disability globally. Approximately one in four people in the world will be affected at some point in their lives.

Depression, schizophrenia, dementia, alcohol dependence and other mental disorders make up 13 percent of the global disease burden, surpassing both cardiovascular disease and cancer. An even more troubling statistic is that over the past 45 years, suicide rates have increased 60 percent worldwide -- and 90 percent of people who take their own life have a diagnosable, and usually treatable, mental disorder.

Fortunately, more and more attention is being focused on mental health and illness. How vast is your knowledge? Take our quiz and find out.

### 1. Mental health is defined as

- a) Feelings of happiness and contentment
- b) Having a balance in all aspects of your life
- c) A physically healthy brain

**b.** Having a balance in all aspects of your life – social, physical, spiritual, economic and mental.

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## 2. Mental illness is defined as

- a) Changes in behaviour, thinking and/or mood causing substantial distress and general dysfunction over an extended period of time
- b) Insanity
- c) A severe impairment of mental processes resulting in an inability to interact with others and/or function normally

**a.** Changes in behaviour, thinking and/or mood causing substantial distress and general dysfunction over an extended period of time. Like physical illness, mental health issues can differ in severity. The majority of people who experience a mental health problem recover or manage their illness, especially with early diagnosis and treatment.

## 3. How many types of mental illness are there

- a) Approximately 25
- b) Around 50
- c) Under 100
- d) More than 200

**d.** More than 200. There are multiple types of mental illness, each with its own features and underlying causes.

## 4. Children don't experience mental illness

- a) True
- b) False

**b.** False. One in five children and youth struggle with their mental health. Seventy percent of adult mental illness begins during childhood or adolescence, including depression, eating disorders, obsessive compulsive disorder and anxiety disorders.

## 5. People with a mental illness are violent and/or unpredictable

- a) True
- b) False

**b.** False. The vast majority of people with mental illnesses are no more likely to be violent than anyone else. In fact, people with severe mental illnesses are more than 10 times more likely to be victims of violent crime.

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**6. People with mental health issues can't hold down a job.**

- a) True
- b) False

**b. False.** People with mental illness can and do function well in the workplace. They are unlikely to miss any more workdays because of their condition than people with a chronic physical condition such as diabetes or heart disease.

**7. What is depression?**

- a) Feeling down or the "blues"
- b) Persistent feelings of sadness, hopelessness and worthlessness
- c) Feeling sorry for yourself

**b. Persistent feelings of sadness, hopelessness and worthlessness.** Depression is much more than just feeling down in the dumps. According to the Canadian Centre for Addiction and Mental Health, clinical depression is a complex mood disorder caused by various factors, including genetic predisposition, personality, stress and brain chemistry.

**8. What is SAD?**

- a) Simple Anxiety Diagnosis
- b) Seasonal Affective Disorder
- c) Simple Attention Deficit

**b. Seasonal Affective Disorder.** SAD is a type of depression that's related to changes in seasons.

**9. Eating disorders only affect women:**

- a) True
- b) False

**b. False.** Research figures vary, but up to 25 percent of people with eating disorders are male.

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**10. What is a sign of a possible mental illness?**

- a) Marked personality change
- b) Extreme mood swings
- c) Loss of interest in hobbies or social activities
- d) Significant changes in eating or sleeping patterns
- e) Thinking or talking about suicide
- f) Abuse of alcohol or drugs
- g) All of the above

**g.** All of the above.

**11. Women attempt suicide more often than men.**

- a) True
- b) False

**a.** True. Women make three or four times more suicide attempts than men, and are more likely to be hospitalized for attempted suicide.

**12. Men are more likely to die by suicide than women.**

- a) True
- b) False

**a.** True. More women may attempt suicide but men are three to four times as likely to die as a result of suicide. This is mainly due to the fact that when men attempt suicide, they tend to use methods that ensure death – guns or hanging. Women, on the other hand, are more likely to use poison.

**13. What should you do if you suspect a friend or family has a mental health issue?**

- a) Listen
- b) Ask what they need
- c) Don't blame or judge
- d) Encourage them to get help
- e) Take any signs of self-harm or talk of suicide seriously and get help immediately
- f) All of the above

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f. All of the above

**14. What should you do if you suspect you may have a mental health issue?**

- a) Understand that you have a treatable illness
- b) Stay connected to people and activities
- c) Seek help
- d) Take care of yourself. Eat a healthy diet, exercise and get plenty of sleep.
- e) All of the above

e. All of the above

Let us help. Don't neglect your own mental health. If you're feeling overwhelmed or struggling with an issue, contact your family doctor or your Employee Assistance Program.

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