

Mental health quiz

Outcome	Young people have increased knowledge of mental health and how they can support their mental health and wellbeing.
Time	10-15mins
Equipment	<ul style="list-style-type: none">● Cones, chalk or markers (optional)● Balls/beanbags (optional)● Goal or basket (optional)
Set-up (see example below)	If using equipment: <ul style="list-style-type: none">● Set-up 2 targets at each end of the area.● Use cones, chalk or markers to create a middle zone and equal distance from the 2 targets.● Place balls/beanbags in the middle zone for players to throw.

Instructions

1)	Players to line up in the middle area and pick-up a ball/beanbag.
2)	Read out a quiz question to the group (see examples).
3)	Players must choose to throw their ball/beanbag at target A or B.
4)	Give players a time limit to decide and throw their ball.
5)	Reveal the correct answer and read out any notes.
6)	After each question, players collect their ball/beanbag/object and return to the middle zone.

Adaptations/extension

- If you don't have equipment, get players to move to different sides of the area/room.
- If using targets, you could introduce points for each correct answer and target hit/scored.

Questions/answers (correct answer bolded):

Question	How many people have mental health?
A)	Everyone
B)	1 in 4 people
Notes	Like physical health, everyone has mental health, and it ranges from good to poor.

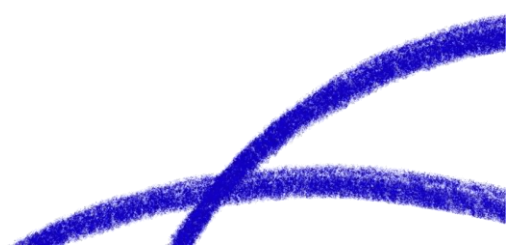
Question	How many young people (5-16 years old) experience mental health problems each year?
A)	1 in 9
B)	1 in 6
Notes	It was 1 in 9 in 2017 but increased to 1 in 6 in 2021.

Question	It's not possible to recover from mental health problems?
A)	True
B)	False
Notes	With treatment and medication, it is possible to recover from mental health problems.
Question	Mental health problems can affect anyone and is not a sign of weakness.
A)	True
B)	False

Question	What percentage of mental health problems start by the age of 14?
A)	25%
B)	50%
Notes	75% of mental health problems are established by the age of 24.

Question	Physical activity can help improve your mood and manage stress?
A)	True
B)	False
Notes	Getting active can help young people manage their mental health. Exercise can release "feel-good" chemicals in our body. But it doesn't work for everyone, all the time.

Question	You cannot help someone with a mental health problem.
A)	True
B)	False
Notes	Checking in with a friend and asking how they are feeling can help a lot. If you have a friend who is experiencing poor mental health, let them know that you're there for them and ask them how you can support them.



Question	Learning disability is a mental health problem.
A)	True
B)	False
Notes	A learning disability is a permanent condition developing at the latest in early childhood, whereas a mental health problem can develop at any time, and is not necessarily permanent. People can get better and resolve mental health problems with help and treatment.

Add in your own questions:

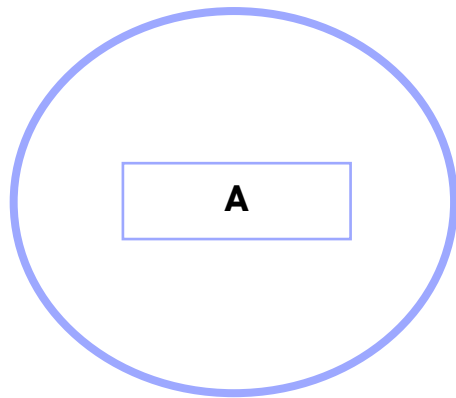
Question	
A)	
B)	
Notes	

Question	
A)	
B)	
Notes	

Question	
A)	
B)	
Notes	



Place balls/beanbags/objects in the middle area. Ensure young people are spread out and not throwing from behind another player.



Create two targets using goals, baskets, large buckets, or cones.

