

**QUIZ ON MENTAL HEALTH, SEE ROUND, July/August 2009**

1. *How many people are affected by mental illness at any one time?* **1 in 4**
2. *What fraction of routine GP consultations are for people with a mental health problem?* **1 in 4**

**Over 60% of us know someone who has experienced mental health problems.**

3. *Which are the two most common mental health problems?* **Depression and anxiety.**

**It is estimated that at any one time one in 100 people will have a psychotic illness such as schizophrenia or bipolar affective disorder.**

4. *On average, how many people do you think were admitted to inpatient wards in England, with a psychosis, depression or anxiety disorder during 2005-2006?* **84, 702**
5. *What does mental illness cost the economy and the NHS on average per year?* **£47 billion.**

**Over £15 billion in lost employment and £10 billion in benefits payments.**

**(Source of all the above facts = National Audit Office)**

6. *How many pre school children have mild mental health problems?* **1 in 7 have mild mental health problems; 1 in 14 have more severe mental health problems**
7. *Are men or women more likely to have alcohol or drug dependence?* **Men are 3 times more likely than women to have alcohol dependence and are twice as likely to be dependent on drugs.**
8. *In England, how many adults are carers?* **1 in 8. Around 6 million people**
9. *How prevalent is dementia in people over the age of 65?* **1 in 20.**

**This rises to 1 in 5 by the age of 80.**

10. *Are suicide and self-harm more common in men or women?* **3 out of 4 suicides are by men. Self harm is more common in women than in men.**

Compiled by Adrienne Freeman