*Trivia Questions: Mental Health*

**100 Point Question:**

**Q1: What does the lime green ribbon symbolize?**

1. Lime green is building momentum as the national color for mental health awareness. Wearing the ribbon is a simple way to show our collective support for mental health!

**100 Point Question:**

**Q2: Traumatic events such as an accident, assault, military combat or natural disaster can have lasting effects on an individual’s mental health. Many individuals will have short term responses to life-threatening events; however, some will develop longer term symptoms that can lead to a diagnosis of what?**

1. Post-Traumatic Stress Disorder (PTSD)

PTSD affects about 9 million U.S adults. A common myth is that PTSD is only experienced by individuals who have been involved in military combat. The truth is, any individual who experiences a life-threatening or traumatic event can develop PTSD.

To learn more about signs, symptoms and treatment visit www.NAMI.org

**200 Point Question:**

**Q3: The main character in the 2001 movie *A Beautiful Mind* experiences what mental illness?**

1. Schizophrenia

The National Alliance on Mental Illness called ‘A Beautiful Mind’ a historic, authentic achievement. The film provides viewers with an inside look into the mind of someone who is battling to separate reality from delusion, as well as dispels many myths about schizophrenia and communicates important truths.

To learn more about schizophrenia visit: www.NAMI.org

**200 Point Question:**

**Q4: Experts suggest incorporating activities and practices from five dimensions into your self-care routine. These five dimensions include: physical, mental, spiritual, \_\_\_\_\_\_ and \_\_\_\_\_\_\_\_.**

1. Social and emotional

We can all benefit from nurturing ourselves. Our physical self-care includes anything involving our physical body such as exercise or sleep. Mental self-care involves intellectual and creative stimulation such as reading a book or doing a puzzle. One’s spiritual self-care involves our awareness with the world around us and can be expressed through religion, meditation, or community service. Emotional self-care includes being in tune and regulating one’s feelings through therapy, journaling, or listening to music. Lastly, social self-care is engaging in healthy interaction with others.

Learn more about self-care and find resources at: <https://EMMResourceCenter.org>

**200 Point Question:**

**Q5: What is the term for when someone experiences a mental illness and a substance use disorder simultaneously?**

1. Dual diagnosis, or also referred to as co-occurring disorder

An estimated 9.2 million U.S adults experience both a mental illness and substance use disorder in a given year. It’s important to remember that help is available and recovery is possible.

Learn more here: [www.NAMI.org](http://www.NAMI.org)

**300 Point Question:**

**Q6: Which Grammy award winner and advocate shared that she suffers from post-traumatic stress disorder (PTSD) and said: “I have a mental illness, and I struggle with that mental illness every day.”**

* Cher
* Kelly Clarkson
* **Lady Gaga**
* Rihanna

1. Lady Gaga, whose real name is Stefani Germanotta, shared her story of struggling with mental illness and shared the meditation and mantra she uses as therapy: “You are brave, you are courageous.”

**300 Point Question:**

**Q7: At its core, stigma about mental illness is caused by what root problem?**

1. Any of these answers are correct: Lack of knowledge, ignorance, prejudice, discrimination, negative stereotypes

Stigma can make people feel alone, embarrassed, ashamed, and often prevents them from seeking treatment when they need it. One way to reduce stigma about mental illness is to use people first language. For example, avoid saying “mentally ill people”, and instead say “people experiencing a mental illness”.

Find mental health resources at: www.EMMResourceCenter.org

**300 Point Question:**

**Q8: 50% of mental health problems begin by what age?**

1. 14

Research has shown that half of all mental health disorders start by age 14; however, an average of 11 years pass after the onset of symptoms before a person seeks help for mental health symptoms. Acting out during childhood is often times seen as just part of being a kid; however, this is not always the case. Acting out can be a sign of underlying mental health concerns or other life stressors.

Learn more about mental illness in general, depression and available treatments by visiting the website of the National Alliance on Mental Illness: www.NAMI.org

Source: <https://www.nami.org/mhstats>

**400 Point Question:**

**Q9: What year was Mental Health Awareness Month created in the United States?**

1. 1949.

Mental Health Awareness Month has been recognized and celebrated since 1949. President Barack Obama signed a proclamation confirming May as National Mental Health Awareness Month in 2013.

**400 Point Question:**

**Q10: What percentage of individuals with severe mental illness report being victims of a violent crime within a given year?**

1. More than 25%.

Most people who have been diagnosed with a mental illness are not violent or dangerous. In fact they’re more likely to be a victim of violence at a rate that is almost 12 times higher than that of the general population.

You can find other mental health facts here: [www.NAMI.org](http://www.NAMI.org)

**400 Point Question:**

**Q11: What is the leading cause of disability worldwide?**

1. Depression

Depression is the most common mental health challenge in the Unites States. It can change how a person thinks, feels, and acts and cause our body to feel sick too. And whereas sadness is a normal reaction to a loss, disappointment, problem or other difficult situations, if symptoms of sadness and depression last for more than two weeks and impact daily functioning at home, at school and at work it is important to get help.

Learn more about mental illness in general, depression and available treatments by visiting the website of the National Alliance on Mental Illness: www.NAMI.org

Source: <https://www.nami.org/learn-more/mental-health-by-the-numbers>

**400 Point Question:**

**Q12: Who Am I?**

* I am a journalist, novelist and short story writer, who won a Nobel Prize in Literature in 1954
* My famous cat Snow White had six toes on her front paws
* Myself and many family members have experienced mental illness
* My book The Old Man and the Sea is required reading in most high schools

1. I am Ernest Hemingway