



## Activity 1 - Facts and Stats Quiz

### What you need

Pens and a copy of the facts and stats quiz (see attached Activity 1 Resource Sheet).

### How long it takes

10 minutes.

### How to do it

Give everyone a copy of the facts and stats quiz. You or an assigned member of your team acts as quiz master. The quiz master asks the questions. At the end the team must swap answer sheets for marking and the quiz master gives the answers. The quiz can be done individually or in groups. This activity will give your workforce useful information and statistics about mental ill-health and learning disabilities.

### Quiz Answers

1. (a) 1 in 4 British adults experience at least one diagnosable mental health problem in any one year.
2. (c) It is estimated that approximately 450 million people worldwide have a mental health problem.
3. (True) 1 in 10 children between the ages of 1 and 15 has a mental health disorder.
4. (d) Approximately 985,000 people in England have a learning disability (about 2% of the population). 796,000 of them are aged 20 or over.
5. (c) Approximately 55,000 to 75,000 children have a moderate or severe learning disability in England.
6. (b) 17 percent of people with learning disabilities who are of working age have a paid job.
7. (True)
8. (c) 12 percent of the UK population experience depression in any one year.
9. (True)
10. (True) 1 in 5 young people said they would find it hard to talk to another young person with mental health problems.