

## Mental Health Facts

One way we can promote positive mental health is by increasing our understanding, raising awareness and helping reduce the stigma.

**Mental health** includes our emotional psychological and social well-being. (US Dept. of Health & Human Services)

**Mental illnesses** are conditions that affect a person's thinking, feeling, mood or behavior. These conditions may be acute or chronic and affect the person's ability to relate to others and function daily. They are among the most common health conditions in the U.S. (CDC)

**Suicide** is linked to mental illness, particularly depression and alcohol use disorders. (American Psychiatric Association)

### Do you know the facts? Test your knowledge below! Mental Health & Suicide Trivia

- 1. Mental illness is caused by:**
  - a. Past trauma
  - b. Major life events
  - c. Genetics
  - d. There is no single cause for mental illness
- 2. In the United States, how many adults will experience a mental illness during their lifetime?**
  - a. ~ 10%
  - b. ~ 25%
  - c. ~ 50%
  - d. ~ 75%
- 3. Which is not a way to improve your mental health?**
  - a. Getting adequate sleep
  - b. Increasing alcohol intake
  - c. Exercising regularly
  - d. Talking to a professional when you need support
- 4. Suicide is the \_\_\_\_ leading cause of death for ages 15-24 in Georgia.**
  - a. 10th
  - b. 4th
  - c. 3rd
  - d. 1st
- 5. It may be a warning sign of suicide if a person talks about:**
  - a. Killing themselves
  - b. Feeling hopeless
  - c. Being a burden to others
  - d. All of the above
- 6. When someone seems troubled or is showing warning signs that they are thinking about suicide, you should you directly ask them, "Are you thinking of killing yourself?"**
  - a. True
  - b. False

If you need help for yourself or someone else, the **988 Suicide & Crisis Lifeline** provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals by **calling or texting 988 or chatting 988Lifeline.org.**

#### Trivia Answers:

1. D (CDC)   2. C (Mental Health First Aid)   3. B (University of Michigan)   4. C (AFSP)   5. D (AFSP)   6. A (National Suicide Prevention Lifeline)

