



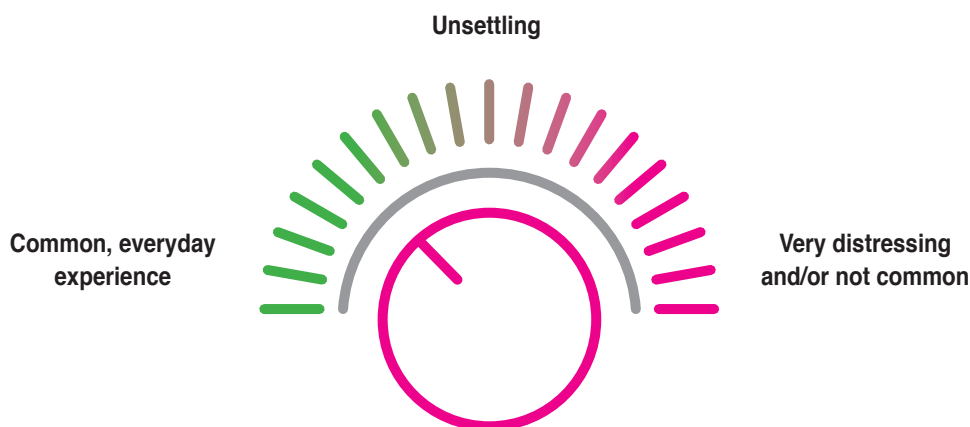
Turning Up the Volume Quiz



Mental distress is really common, but we don't talk about it very often. This can make it difficult when we hear about someone dealing with heavy stuff, but most of us have everyday experiences that can give us a little glimpse into what it's like to experience more intense mental health symptoms.

This quiz is about these everyday experiences. Put a tick next to the number if what the facilitator describes, or something like it, has ever happened to you.

- | | | | |
|---------|----------|----------|----------|
| 1 _____ | 9 _____ | 17 _____ | 25 _____ |
| 2 _____ | 10 _____ | 18 _____ | 26 _____ |
| 3 _____ | 11 _____ | 19 _____ | 27 _____ |
| 4 _____ | 12 _____ | 20 _____ | 28 _____ |
| 5 _____ | 13 _____ | 21 _____ | |
| 6 _____ | 14 _____ | 22 _____ | |
| 7 _____ | 15 _____ | 23 _____ | |
| 8 _____ | 16 _____ | 24 _____ | |



Look at the volume diagram: the experiences you are ticking off in this quiz belong down at the 'common, everyday experience' end of the volume setting.

As we turn up the volume, the experiences are less common, and may be more distressing for someone to experience. Very intense experiences or distressing experiences are what usually get seen as mental illness symptoms. When they are very intense and distressing, they may be diagnosed by a doctor and called things like psychosis, obsessions and compulsions, self-harm, anxiety and depression, and dissociation.

When to talk about it?

Any time that you or a friend are experiencing something that is upsetting or not usual for you, it's a smart idea to talk to people you respect and trust. You might like to ask a friend to go with you when you need to talk to a support person.

"If I had known that my friends would stick by me I would have told them ages ago!"

"You don't have to understand everything someone is going through to include them! Listening to her stuff was way easier once I realised I didn't have to fix it all."

