

# MENTAL HEALTH AWARENESS MONTH



## MYTH BUSTER MONDAY

**MYTH: MENTAL HEALTH PROBLEMS ARE RARE.**

**Fact:** Mental health issues are actually quite common, with 1 in 5 adults experiencing a mental illness in any given year.

**MYTH: PEOPLE WITH MENTAL HEALTH CONDITIONS ARE VIOLENT.**

**Fact:** The majority of people with mental health conditions are not violent. In fact, they are more likely to be victims of violence than perpetrators.

**MYTH: MENTAL ILLNESS IS A SIGN OF WEAKNESS.**

**Fact:** Mental health disorders are medical conditions, not a sign of personal weakness. Anyone can experience them, regardless of their strength or character.



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**MYTH: THERAPY IS ONLY FOR PEOPLE WITH SERIOUS MENTAL HEALTH CONDITIONS.**

**Fact:** Therapy can be beneficial for anyone, even if they don't have a severe mental illness. It can help with stress, relationship issues, and personal growth.

**MYTH: YOU CAN JUST "SNAP OUT OF IT" IF YOU HAVE DEPRESSION OR ANXIETY.**

**Fact:** Depression and anxiety are complex conditions that require treatment, whether through therapy, medication, or both. It's not something someone can simply overcome without help.

**MYTH: CHILDREN DON'T EXPERIENCE MENTAL HEALTH ISSUES.**

**Fact:** Children can and do experience mental health problems, like depression and anxiety. Early intervention is key to managing these conditions.



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**MYTH: MENTAL HEALTH MEDICATIONS ARE ADDICTIVE.**

**Fact:** Not all mental health medications are addictive. Medications like antidepressants and anti-anxiety medications are generally safe when prescribed and managed by a doctor.

**MYTH: PEOPLE WITH MENTAL HEALTH ISSUES SHOULD AVOID SOCIAL SITUATIONS.**

**Fact:** Socializing can actually help improve mental health, reducing feelings of isolation. People should be encouraged to engage, within their comfort levels.

**MYTH: PEOPLE WITH MENTAL HEALTH ISSUES CAN'T WORK OR BE PRODUCTIVE.**

**Fact:** Many people with mental health conditions are able to work and be successful in their careers with proper treatment and support.



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**MYTH: MENTAL HEALTH PROBLEMS ARE A PERSONAL FAILURE.**

**Fact:** Mental health conditions are influenced by a combination of genetic, biological, environmental, and psychological factors. It's not a personal failure.

**MYTH: MENTAL HEALTH PROBLEMS ARE JUST IN YOUR HEAD AND DON'T AFFECT YOUR BODY.**

**Fact:** Mental health conditions can have physical symptoms, like headaches, fatigue, or stomach issues. The mind and body are deeply connected.

**MYTH: IF SOMEONE LOOKS FINE, THEY'RE NOT STRUGGLING WITH MENTAL HEALTH.**

**Fact:** Mental health struggles are not always visible. Someone can appear fine on the outside while dealing with internal challenges.



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**MYTH: MENTAL HEALTH TREATMENT IS A ONE-SIZE-FITS-ALL APPROACH.**

**Fact:** Treatment plans are highly individualized. What works for one person may not work for another, so therapy and treatment need to be tailored to each person's needs.

**MYTH: MENTAL HEALTH PROBLEMS WILL GO AWAY ON THEIR OWN.**

**Fact:** Without treatment, many mental health problems can worsen over time. Seeking help early can lead to better outcomes.

**MYTH: MENTAL ILLNESS IS PERMANENT AND CAN'T BE TREATED.**

**Fact:** Many people with mental health conditions experience improvement or full recovery with the right treatment and support. Conditions can be managed effectively.