



# COMMON MYTHS ABOUT MENTAL HEALTH DEBUNKED

UNDERSTANDING AND SUPPORTING MENTAL WELL-BEING

Mental health is just as important as physical health, but it's often shrouded in misunderstandings. These myths can prevent people from seeking help and support. Let's debunk some common myths about mental health and promote a better understanding.

**MENTAL ILLNESS IS A SIGN OF ~~WEAKNESS~~ a health condition.**

This is perhaps the most damaging myth. Mental illness is **NOT** a sign of weakness. It's a health condition, just like diabetes or asthma. It can be caused by a variety of factors, including genetics, brain chemistry, trauma, and life experiences. Contrary to popular belief, seeking help is a sign of strength, not weakness.

**MENTAL ILLNESS IS ~~RARE~~ common.**

Actually, mental health conditions are quite common. It's estimated that 1 in 4 people in the UK **WILL** experience a diagnosable mental health problem **EACH YEAR** and 1 in 6 people report experiencing common mental health symptoms on any given **WEEK**. It affects people of all ages, backgrounds, and walks of life. If you're facing challenges, it's comforting to remember that you are not alone.

**PEOPLE WITH MENTAL ILLNESS ARE ~~DANGEROUS~~ just people.**

This is a harmful stereotype perpetuated by media portrayals, like TV and Movies. In reality, people with mental illness are **MORE LIKELY** to be victims of violence than perpetrators. The vast majority of individuals with mental health conditions are **NOT VIOLENT** and pose **NO THREAT** to others.

## YOU CAN JUST ~~'SNAP OUT OF'~~ A MENTAL HEALTH PROBLEM

maintain^

Mental health conditions are not something you can simply will away. They often require professional treatment, therapy, and/or medication. Telling someone to 'snap out of it' is **INSENSITIVE** and **UNHELPFUL**. It's like telling someone with a broken leg to just walk it off.

## THERAPY IS ~~ONLY~~ FOR ~~'CRAZY'~~ PEOPLE

Therapy is for **ANYONE** who wants to improve their mental well-being. It's a safe and supportive space to explore your thoughts, feelings, and behaviours. It can help you cope with stress, anxiety, depression, relationship problems, and a wide range of other issues. You don't have to be in crisis to benefit from therapy.

It's vital to remember that mental health is a **SPECTRUM**, and **WE ALL HAVE MENTAL HEALTH**, just like we all have physical health. By debunking these common myths, we can create a more understanding and supportive society for everyone.

## NEXT STEPS

If you're concerned about your mental health, here are some things you can do:

- Talk to a trusted friend, family member, or GP (General Practitioner).
- Contact a mental health charity like Mind or Samaritans.
- Learn more about mental health conditions and how to support yourself and others.

**REMEMBER, YOU'RE NOT ALONE, AND HELP IS AVAILABLE.**