

Fact or Fiction?

Debunking Mental Health Myths

By Hannah Lei

Only people with mental illnesses need to take care of their mental health.

Myth!

Mental health is universal—everyone has mental health that needs care, just like physical health. People with mental illnesses do need to take care of their mental health more carefully, but that doesn't mean no one else has to.



Mental health struggles are normal parts of the human experience.

Fact!

Nearly 1 in 5 people experience mental illness annually, and many more face mental health challenges without a formal diagnosis. It is not something to be ashamed of, and don't let fear keep you from loving yourself.

People with mental health issues are violent and/or dangerous.

Myth!

People with mental health challenges are more likely to be victims rather than perpetrators of violence, especially because of the taboo around mental health and discrimination against mental illnesses. They are more vulnerable, not more threatening.



People can recover from mental illness and lead fulfilling lives.

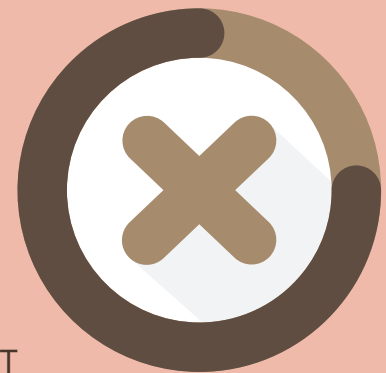
Fact!

With treatment and support, recovery is entirely possible, enabling people to pursue education, careers, and relationships. Past victims of mental illnesses have just as much potential to live their best lives as others.

Mental health problems are a sign of weakness and/or lack of willpower.

Myth!

Mental illnesses are medical conditions caused by genetics, environment, and life experiences, not a character flaw or weakness. People cannot control whether or not they have mental illnesses, and it is NOT their fault.



Therapy and treatments are effective and beneficial.

Fact!

Evidence-based therapies are proven to help manage symptoms and improve mental wellbeing, often more effectively than medication alone. If needed, medication can help immensely.

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