

FACT

OR

MYTH

?

10 Myths of Mental Illness

1 in 5 Canadians will experience mental illness in their lives. We all know someone.

MYTH 1: People with Mental Illness are poor or less intelligent.

FACT

Mental Illness can affect anyone, regardless of intelligence, social class or income level.

MYTH 2: Mental illnesses are NOT real illnesses.

FACT

Like physical illnesses, mental illnesses are real health problems that don't go away on their own, they need treatment.

MYTH 3: Mental illness is an excuse for poor behaviour.

FACT

Some behaviours are a symptom of the illness.

MYTH 4: Bad parenting causes mental illness.

FACT

There is no single cause. It's a combination of genetics, biology, environment & life experiences. Family support is key to recovery.

MYTH 5: People with mental illness are violent & dangerous.

FACT

People with mental illness are more likely to be the victims of violence than to be violent.

MYTH 6: People do not recover from mental illness.

FACT

People can & do recover with appropriate treatment & support (ex: counselling, medication).

MYTH 7: People who experience mental illness are weak.

FACT

Like cancer or heart disease, no one chooses to have a mental illness. Asking for help is a sign of strength, not weakness.

MYTH 8: People who experience mental illnesses cannot work.

FACT

Most people with mental illness *want & do work* but face barriers to employment.

MYTH 9: Children cannot have a mental illness.

FACT

Many mental illnesses do first appear when a person is young. Early intervention & family support is key to recovery.

MYTH 10: Depression is a part of normal aging.

FACT

Older adults have a higher risk of depression due to life changes such as retirement, grief/loss, illness & change in social networks.

For more information, contact your local
Mental Health & Addiction Services Office.

www.westernhealth.nl.ca/mha
www.bridgetHEgAPP.ca

