

TRUE OR FALSE

Not many people struggle with their mental health.

Answer: FALSE

One in five adults experienced a mental health issue

One in 20 people lived with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression

Source: <https://www.mentalhealth.gov/basics/mental-health-myths-facts>

TRUE OR FALSE

People with mental health problems are violent and unpredictable.

Answer: FALSE

The vast majority of people with mental health problems are no more likely to be violent than anyone else. Most people with mental illness are not violent and only 3%–5% of violent acts can be attributed to individuals living with a serious mental illness. In fact, people with severe mental illnesses are over 10 times more likely to be victims of violent crime than the general population.

Source: <https://www.mentalhealth.gov/basics/mental-health-myths-facts>

TRUE OR FALSE

People with mental health needs cannot tolerate the stress of holding down a job.

Answer: FALSE

People with mental health problems are just as productive as other employees. Employers who hire people with mental health problems report good attendance and punctuality as well as motivation, good work, and job tenure on par with or greater than other employees. This is because many of them build the skills and habits they need to manage their stress without burning out.

Source: <https://www.mentalhealth.gov/basics/mental-health-myths-facts>

TRUE OR FALSE

Personality or character flaws cause mental health problems. They can snap out of it if they try hard enough.

Answer: FALSE

Mental health problems have nothing to do with being lazy or weak and many people need help to get better. Many factors contribute to mental health problems, including Biological factors, such as genes, physical illness, injury, or brain chemistry, life experiences, such as trauma or a history of abuse, family history of mental health problems. People with mental health problems can get better and many recover completely.

Source: <https://www.mentalhealth.gov/basics/mental-health-myths-facts>

TRUE OR FALSE

Once someone develops mental health problems, he or she will never recover.

Answer: FALSE

Studies show that people with mental health problems get better and many recover completely.

Note: Recovery refers to the process in which people are able to live, work, learn, and participate fully in their communities. There are more treatments, services, and community support systems than ever before, and they work.

Source: <https://www.mentalhealth.gov/basics/mental-health-myths-facts>

TRUE OR FALSE

Therapy and self-help are a waste of time.

Answer: FALSE

Treatment for mental health problems which includes medication, therapy, or both are proven to help support and heal someone. Many individuals work with a support system during the healing and recovery process.

Source: <https://www.mentalhealth.gov/basics/mental-health-myths-facts>

TRUE OR FALSE

I can't do anything for someone with a mental health problem.

Answer: FALSE

Friends and loved ones can make a big difference. They can be important influences to help someone get the treatment and services they need by:

- Reaching out and letting them know you are available to help
- Helping them access mental health services
- Learning and sharing the facts about mental health, especially if you hear something that isn't true
- Treating them with respect, just as you would anyone else
- Refusing to define them by their diagnosis or using labels such as "crazy"

Source: <https://www.mentalhealth.gov/basics/mental-health-myths-facts>

TRUE OR FALSE

Texting, phoning regularly and inviting people out socially can really help someone who is suffering from depression and other mental health problems.

Answer: TRUE

Keeping in contact with your friend, even if they don't answer your texts or won't meet you, can really help someone suffering from depression.
Don't give up on them!

Source: [https://peelinstitute.org.uk/sites/default/files/Resources/T_F%20cards%20\(high\)%20\(1\).pdf](https://peelinstitute.org.uk/sites/default/files/Resources/T_F%20cards%20(high)%20(1).pdf)

TRUE OR FALSE

If someone is depressed, they need to forget about how they are feeling. So don't ask how they are, just talk about other things.

Answer: FALSE

It's good to ask 'How are you?' Don't be afraid to do this, but be prepared to listen if they want to talk. Talking about ordinary things is important as well.

Source: [https://peelinstitute.org.uk/sites/default/files/Resources/T_F%20cards%20\(high\)%20\(1\).pdf](https://peelinstitute.org.uk/sites/default/files/Resources/T_F%20cards%20(high)%20(1).pdf)

TRUE OR FALSE

You should never talk to someone who may be feeling depressed about suicide, as this may encourage them to attempt suicide.

Answer: FALSE

Talking to someone who is feeling suicidal can help reduce the risk of them actually harming themselves. Talking to them might actually help save their life.

Source: [https://peelinstitute.org.uk/sites/default/files/Resources/T_F%20cards%20\(high\)%20\(1\).pdf](https://peelinstitute.org.uk/sites/default/files/Resources/T_F%20cards%20(high)%20(1).pdf)