

Mental Health Myths & Misconceptions

Myth: Mental health problems will go away on their own.

1 Reality: While some issues may improve over time, many mental health conditions require treatment and support to improve.

Myth: People with mental illness are dangerous.

2 Reality: The vast majority of people with mental illness are not violent or dangerous. In fact, they are more likely to be victims of violence than perpetrators.

Myth: Only adults suffer from mental health problems.

3 Reality: Mental health issues can affect people of all ages, including children and teenagers. Early intervention is crucial for effective treatment.

Myth: Therapy is only for people with severe mental illness.

4 Reality: Therapy can be beneficial for anyone dealing with stress, life changes, or emotional difficulties, not just those with severe mental health conditions.

Myth: People with mental illness can't hold down a job or be successful.

5 Reality: Many people with mental health conditions lead successful, productive lives with the help of treatment and support.

