

Mental Health Myth vs. Fact

We're here to help explain to you some common misconceptions surrounding mental health. Let's get to myth-busting!

Myth: Children are too young to experience mental health problems.

Fact: Mental health problems exist in people of all ages.

- 40% of all mental health disorders start developing by the age of 14
- 1 in 5 adults have a mental health disorder in the US
- Mistreatment and abuse can lead towards poor mental health
- Current emotions of children can reflect onto themselves later on in life
- Childhood trauma
- Despite their age, children can understand their feelings and environment

Myth: You cannot do anything for a person with a mental health problem.

Fact: There are many ways you can support someone who is struggling with their mental health.

- Reaching out to an individual to let them know that you're here for them
- Recommending a place where they can get help

Myth: Having mental issues tied with having an addiction is the lack of willpower

Fact: Addiction is rather an attempt to find a coping mechanism

- People with addiction aren't short of will power
- People find a way to cope and release their stress in issues to something else rather than confide in someone.

Myth: All people with mental illness are violent

Fact: People with certain mental illnesses may become violent and unpredictable, but they are in the minority

- Only 5% of violent crimes in the U.S. are committed from people with mental illness
- The unfortunate truth is that individuals with mental illness are more likely to be victims of violence than perpetrators.

Myth: PTSD is only a military men disorder

Fact: PTSD is a disorder as a result of past trauma, and is able to exist in anyone.

- Trauma can extend from an sexual assual victim or rape victim, domestic abuse, survivor of a natural disaster, someone who suffered a loss of something important, mental and emotional abuse
- The symptoms include having flashbacks of that event or events, nightmares/night terrors, anxiety/panic attacks, taking precautions to avoid reminders or "triggers" of the event, reacting in a way as if the event is recurring, etc.

Myth: Eating disorders only affect young girls

Fact: Eating disorders affect people of all genders and ages

- Body image issues do not strictly apply to one sex
- About 25% of the population with eating disorders are male

Myth: The statement of having OCD due to being a perfectionist

Fact: OCD is a mental disorder that causes involuntary impulses.

- More than just wanting to be neat and orderly; can refer to uncontrollable, repetitive behavior
- Example
- Interferes with daily life, more than just an action statement

Myth: Mental health disorders can go away if you try hard enough.

Fact: Mental health is not something easy to get rid of and requires a lot of will-power and treatment in order to even keep it under control.

- Not all mental health disorders can be treated the same
- Medicine and therapy can help
- More of nature that stems from identity and thoughts

Myth: Mental health disorders are not “real” illnesses

Fact: Mental health disorders are real illnesses which affect the lives of those who have them greatly.

- Causes impairment to an individual's well-being
- Measurable, physical problems that can lead to altered thought processes

Myth: Mental health disorders are uncommon

Fact: People of all ages from all over the world suffer from mental health disorders

- 1 in 4 people develop a mental health disorder in their lifetime
- 1 in 5 adults in the US have a mental health disorder

Myth: Adolescents who get good grades and have a lot of friends will not have mental health conditions because they have nothing to be depressed about.

Fact: Oftentimes people with mental health disorders hide what they are going through by putting up a facade therefore it is hard to realize if people are going through a tough time.

- 80% of teens are sleep deprived
- Feel pressured at home/school or by standards in general
- Can smile and act like everything is ok yet still have damaging habits

Myth: Mental illness in teens are just mood swings caused by hormonal fluctuations and desire for attention

Fact: Mental illnesses can affect someone throughout their entire life, not just in their teenage years.

- Many societies view symptoms of mental illness as threatening and uncomfortable, leading to discrimination toward people with mental health problems.
- Ppl with mental health issues typically hide it due to not feeling comfortable
- 50% of ppl with mental health issues receive no treatment

Conclusion: Negative stereotypes of mental health disorders is stopping people from getting the help they need

- 40% of adolescents with mental health issues stop themselves from getting treatments and help due to the negative light put onto those with mental health disorders
- So PSA: We need to stop throwing mental health under the bus!