Mental health myths

The UK is facing a rapidly rising mental health crisis affecting 1 in 4 people. As a society we are not very good at talking about our emotions and how we are feeling and there is still a stigma and discrimination surrounding mental health. Dispelling myths about mental health can help break the stigma and create a culture that encourages people of any age to seek support.

Here are some common misconceptions about mental health:

MYTH: Only some people have mental health.

FACT Mental health is like physical health – everyone has it and we need to take care of it – we can all benefit from taking active steps to improve our well-being and improve our mental health. Good mental health means being about to think, feel and react in healthy ways and be able to live a fulfilled life.

MYTH: You can see if someone has a mental health issue.

FACT You can't tell someone has a mental health issue just by looking at them – people with mental illness are just the same as everyone else.

MYTH: People who experience mental health issues tend to be violent or dangerous.

FACT This is not true and in fact people who are experiencing mental health problems are statistically more likely to be a victim of violence.

MYTH: Young people do not experience mental health problems.

FACT 20% of adolescents may experience a mental health problem in any given year.

MYTH: If you have a mental health issue you are unlikely to recover.

FACT Mental health issues can be treated, and people can make a full recovery and go on and live happy and fulfilling lives.

MYTH: Nothing can be done to protect people from developing mental health conditions.

FACT Many factors can protect people from developing mental health conditions including strengthening social and emotional skills, seeking help and support early on, developing supportive relationships, creating positive environments and looking after your physical health.

MYTH: Nothing can be done to protect people from developing mental health conditions.

FACT Prevention will mean different things to different people, depending on our past and current circumstances. Many factors can protect people from developing mental health conditions including strengthening social and emotional skills, seeking help and support early on, developing supportive relationships, creating positive environments and looking after your physical health.

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