

# 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**

**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**

**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 – they are just the same as everyone else.

**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**

**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**

**Nothing can be done to prevent 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.

**MYTH**

**Young people do not experience mental health problems.**

**FACT**

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

