

### You can’t recover from a mental illness. ****Myth****: What is so often misunderstood about mental health problems is that they don’t define a person or their potential in life. Recovery is possible with the right support and people can and do go on to lead rewarding and fulfilling lives.

### Myth: Therapy and self-help are a waste of time. Why bother when you can just take a pill?

**Fact:** Treatment for mental health problems varies depending on the individual and could include medication, therapy or both.

**Only certain people have mental health. Myth**: We all have mental health that can move up and down, just like our physical health.

**Mental health problems are a sign of weakness. Myth:** Mental health problems are not a sign of weakness just a broken leg is not. They are a common part of human experience and can happen to anyone from any walk of life. Many high profile, successful and inspirational people have experienced mental ill health and many people gain strength from the experience.

### People with mental illness hold down successful jobs. ****Fact****: Research has shown that 60-70% of people with common mental disorders are in work (Chief Medical Officer’s Annual Report, Dame Sally Davies, 2014). The chances are, you probably work will with someone with a mental health problem.

### Myth: People with mental health problems are violent and unpredictable. Fact: The vast majority of people with mental health problems are no more likely to be violent than anyone else. In fact, people with severe mental illnesses are over 10 times more likely to be victims of violent crime than the general population.

### Mental health problems are rare. ****Myth****: Mental health problems are common and it’s likely you will know someone who has experienced them. 1 in 4 people will experience a mental health problem in their lifetime.

**Physical health problems are worse than mental health problems. Myth**: Just because you can’t see a mental illness doesn’t mean it’s any less painful or debilitating than a broken arm. A mental health problem can feel just as bad as or worse than any other illness and needs just as much support.

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Mental Health Fact/Fiction Chatterbox Instructions:

1. Add the answers to the questions!
2. Cut out the black square
3. Fold the square in half lengthways and across the middle.
4. Turn the square over so the writing is facing down. Fold the four corners in to the middle.
5. Turn the square over again and fold the new four corners into the middle.
6. Fold in half so the questions face in
7. Put your fingers in the pockets and test your knowledge.



