



**Each of us**  
is part of the solution  
Let's end mental health stigma together

**10 Myths**  
about mental health  
that you can help us debunk!

# 10 Myths

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## 1. “Mental health problems are rare, I’ll never be affected.”

Mental health problems are actually very common. 1 in 4 people will experience a mental health problem in any given year.

## 2. “Mental Health: it’s all in the head.”

Mental health problems are often caused by external difficulties such as life events like divorce or bereavement, or by wider socio-economic factors like poverty or homelessness. They can also cause great distress, and can affect every part of your life, including your physical health, your relationships and your work. There’s definitely more to it than just your head!

## 3. “Only weak people have mental health problems.”

Experiencing a mental health problem is NOT a sign of weakness and it is not something to be ashamed of. Mental health problems can often be human ways of coping with and making sense of complex life experiences such as grief or trauma.

## 4. “People with mental health problems are dangerous and violent.”

It’s the other way around. People with mental health problems are unfortunately more likely to be victims of violence or harm.

## 5. “Medication is the only solution!”

While medication can help some people experiencing mental health problems, it should be seen as part of the solution rather than the sole solution: progressive alternatives exist, and we should promote them.

## 6. “People with mental health problems cannot work.”

Meaningful work in a supportive environment can be a very important part of recovery. It is also very likely that we all work with someone experiencing a mental health problem, but we may not know about it because of the fear of stigma and discrimination.

## 7. “Young people and adolescents are going through turbulent times, nothing to worry about, it’s puberty!”

Globally, 1 in 5 adolescents will experience some kind of mental health problem in any given year. Adolescence is a challenging transition period when mental health problems are most likely to develop.

## 8. “Physical and mental health are completely separate things.”

Physical and mental health are highly intertwined and should not be treated separately as they both impact on each other.

## 9. “People with mental health problems should stay in hospital.”

There are many progressive alternatives to traditional psychiatric hospitals which have proven to effectively help people with mental health problems, such as community service or peer support.

## 10. “People do not recover from mental health problems.”

With the right kind of help, people can and do recover from mental health problems. Recovery is not the eradication of the experiences or symptom. It means living with and managing these experiences, whilst having control over and input into your own life.