

Session 3

Worksheet 3.1 Myth or Fact?

Challenging the myths about mental illness can be a good way to think and talk about mental health. In this exercise, read each of the statements and decide whether or not you believe that the statement is a myth or fact.

	Myth or Fact?
People diagnosed with mental illness can't work.	
Mental health problems are very rare.	
People with mental illness never recover.	
People with mental health problems are different from normal people.	
After experiencing a mental health problem, people are weaker.	
People diagnosed with mental illnesses are violent and unpredictable.	
It's best to leave people alone if they develop a mental health problem.	
I don't know anyone with a mental illness.	
People aren't discriminated against because of mental health problems.	
People with mental health problems are different from normal people.	
After experiencing a mental health problem, people are weaker.	
