

Worksheet 3.1 Myth or Fact answers

Myth: People diagnosed with a mental illness can't work.

Fact: Chances are, you probably work with someone who has been diagnosed with a mental illness.

Myth: Mental health problems are very rare.

Fact: Mental health problems affect one in four people.

Myth: People with mental illness never recover.

Fact: People with mental illness can and do recover.

Myth: People with mental health problems are different from normal people.

Fact: We all have mental health problems, just like we all have physical health problems at various times in life.

Myth: After experiencing a mental health problem, people are weaker.

Fact: Many people who have gone through experiences like this actually feel stronger.

Myth: People diagnosed with mental illnesses are violent and unpredictable.

Fact: People diagnosed with mental illness are more likely to be a victim of violence.

Myth: It's best to leave people alone if they develop a mental health problem.

Fact: Most people with mental health problems want to keep in touch with friends, family and colleagues, it can be a great help in their recovery.

Myth: I don't know anyone with a mental illness.

Fact: Someone you know or love has likely experienced a mental illness.

Myth: People aren't discriminated against because of mental health problems.

Fact: Nine out of ten people with mental health problems experience stigma and discrimination.