

Session 3

Worksheet 3.1 Potential beliefs about people who experience mental health problems (Myth or Fact)

Exploring potential beliefs about mental health problems can be a good way to think and talk about mental health. Below are just a few statements that we have come across (e.g. in the media) or had shared with us by individuals. In this exercise, take time to consider each statement, whether or not the person you are working with believes that the statement is a myth or fact and, more importantly, spend some time thinking about whether any of the statements are particularly important to hold in mind in your work together.

Part 1	Myth or Fact?
1	People diagnosed with mental health problems can't work.
2	Mental health problems are very rare.
3	People with mental health difficulties never recover.
4	People with mental health problems can be dangerous.
5	It's best to leave people alone if they develop a mental health problem.
6	I don't know anyone with a mental health problem.
7	People aren't discriminated against because of mental health problems.

Part 2: For the second part of this exercise, consider if there are particular views or beliefs that the individual has encountered in relation to mental health, within their community, culture or society. What impact has this had on them and how may it impact (positively or negatively) on their recovery?