

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

- Myth:** People diagnosed with mental health problems can't work.
(Fact): Chances are, you probably work with someone who has experienced a mental health difficulty.
- Myth:** Mental health problems are very rare.
(Fact): Mental health problems affect one in four people.
- Myth:** People with mental health difficulties never recover.
(Fact): People with mental health difficulties can and do recover. What that means is different for each person.
- Myth:** People with mental health problems can be dangerous.
(Fact): When unwell, sometimes people can behave in ways that are out of character for them and this can be quite frightening. It is important to understand and support anyone who is worried about that. However the evidence suggests that people with mental health problems are far more likely to experience violence towards them.
- 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. But ask what works for them.
- Myth:** I don't know anyone with a mental health problem.
(Fact): Someone you know or love has likely experienced a mental health problem.
- 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.