



Be Kind To Your Mind Myth or Fact?

1. Mental health problems are rare.
2. I can't do anything to support someone with a mental health problem.
3. People with mental illness aren't able to work.
4. You can't recover from mental health problems.
5. People with mental illness are usually violent and unpredictable.
6. Post-Traumatic Stress Disorder (PTSD) is only a military man's disease.
7. Psychiatric medications are bad.
8. Prevention doesn't work. It is impossible to prevent mental illnesses
9. Mental illness is incurable and lifelong.
10. People are born with a mental illness.



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11. Only certain types of people develop a mental illness.

12. Mental illness is caused by a personal weakness.

13. People with a mental illness should be isolated from the community.

14. Asking a person about suicide will only increase their risk.

15. Physical health problems are worse than mental health problems.

16. Children don't experience mental health problems.

17. Therapy and self-help are a waste of time.

Why bother when you can just take a pill?

18. I can't do anything for a person with a mental health problem.

19. Prevention doesn't work. It is impossible to prevent mental illnesses.