If a person has a mental health condition, it means they have low intelligence.

MYTH OR REALITY

1

Mental illness, like physical illness, can affect anyone, regardless of intelligence, social class, or income level.

MYTH OR REALITY

4

You only need to take care of your mental health if you have a mental health condition.

MYTH OR REALITY

6

Everyone can benefit from taking active steps to promote their well-being and improve their mental health.

MYTH OR REALITY

10

Poor mental health is not a big issue for teenagers. They just have mood swings caused by hormonal fluctuations and act out due to a desire for attention.

MYTH OR REALITY

7

Teenagers often have mood swings, but that does not mean that adolescents may not also struggle with their mental health.

MYTH OR REALITY

2

Nothing can be done to protect people from developing mental health conditions.

MYTH OR REALITY

20

Many factors can protect people from developing mental health conditions, including strengthening social and emotional skills, seeking help and support, developing supportive, loving, warm relationships, and cultivating a positive environment.

MYTH OR REALITY

27

A mental health condition is a sign of weakness; if the person were stronger, they would not have this condition.

MYTH OR Reality

5

A mental health condition has nothing to do with being weak or lacking willpower. It is not a condition people choose to have or not have. Anyone can develop a mental health condition. In fact, recognizing the need to accept help for a mental health condition requires great personal strength and courage.

MYTH OR Reality

23

Adolescents who get good grades and have many friends are unlikely to develop depression because they have no reason for that.

MYTH OR Reality

32

Depression is a common mental health condition resulting from a complex interaction of social, psychological, and biological factors. Depression can affect anyone, regardless of their socioeconomic status or how good their life appears. Young people doing well in school may feel pressure to succeed, which can cause anxiety, or they may have challenges at home.

MYTH OR Reality

18

Bad parenting always causes mental conditions in adolescents.

MYTH OR Reality

21

Mental conditions in adolescents might have complex causes. A child's environment and relationship with their parents are extremely important, which cannot be minimized, however solely parenting can not be blamed for mental conditions development. Moreover, parents play a central role by providing support and care.

MYTH OR Reality

12

Mental illnesses are rare.

MYTH OR Reality

24

Mental health problems are widespread and can affect a variety of people from every walk of life.

MYTH OR Reality

8

If you try harder, you can make your symptoms go away.

MYTH OR Reality

11

Mental illnesses can not simply be wished or worked away. The reality is that mental illnesses are complex conditions with various underlying causes, which can include biological, social, or physical factors, or a combination of these.

MYTH OR Reality

22

Everyone who has a mental illness needs medication to manage the symptoms.

MYTH OR Reality

9

While some people with a mental illness may be prescribed medication as part of their treatment plan, this isn't the case for everyone. There are people with mental conditions who don't need medicine to manage their symptoms

MYTH OR Reality

17

Someone living with a mental illness is more likely to commit a crime or be violent.

MYTH OR Reality

27

Majority of individuals with mental illness are not violent and are more likely to be victims of crime than offenders.

MYTH OR Reality

15

Individuals who experience mental health symptoms will never recover.

MYTH OR Reality

30

People can and do recover from mental illnesses.

MYTH OR Reality

25

Person with mental illness cannot lead fulfilling life.

MYTH OR REALITY

13

With appropriate treatment and support, many individuals with mental illness can lead meaningful, productive lives. Recovery is possible, and everyone deserves the opportunity to pursue their goals and aspirations.

MYTH OR REALITY

28

There’s nothing I can do to help someone with a mental health problem.

MYTH OR REALITY

26

Everyone has a role to play in understanding mental health, and everyone can offer support to someone experiencing mental health problems.

MYTH OR REALITY

16

Mental illnesses are just an excuse for poor behavior.

MYTH OR REALITY

31

Some people who experience mental illnesses may act in ways that are unexpected or seem strange to others. They don't choose to experience mental illnesses.

MYTH OR REALITY

29

People who experience mental illnesses can’t work.

MYTH OR REALITY

19

Mental illnesses don’t mean that someone is no longer capable of working.
Challenging these myths and misconceptions is essential for promoting understanding, empathy, and effective support for individuals living with mental health conditions.

MYTH OR REALITY

14

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