

Mental Health

Misconceptions

Despite positive progress in recent years, myths and misconceptions about mental health still remain.

Myth #1:

Those with mental health disorders are dangerous.

TRUTH: Less than 5% of violent crimes can be attributed to mental illness.

Myth #2:

Medications are always necessary to correct mental health issues.

TRUTH: Other treatments include therapy, community support groups, and self-help strategies like meditation and exercise.

Myth #3:

Mental disorders are rare.

TRUTH: According to the World Health Organization, 1 in 4 people globally will be impacted by a mental disorder at some point over the course of their lives.

YOUR WELLBEING ACTIVITY

ASK YOUR DOCTOR

Make a list of questions to ask your doctor at your next appointment. It helps to keep a running list of any symptoms or concerns so you remember them during your next visit.