

BURSTING MENTAL HEALTH MYTHS

Challenging Stigma with Facts

MYTH:

Children and adolescents do not experience mental health issues.



REALITY:

Mental health issues can affect people of all ages, including children and adolescents. Academic pressure, peer relationships, and social media can all impact the mental well-being of youth.

MYTH:

Boys don't cry, and men don't need mental health support.



REALITY:

This gender stereotype prevents many boys and young men from seeking help. In reality, everyone, regardless of gender, can experience mental health challenges and may need support.

MYTH:

Adolescents with good grades and many friends have no mental health issues, as there is nothing to be depressed about.



REALITY:

Mental health challenges can affect anyone, regardless of external success or academic performance. High achievers can also experience anxiety, depression, or any other mental health issue.

MYTH:

Mental health issues are the result of weak character or lack of willpower.



REALITY:

Mental health conditions do not indicate weakness. They are influenced by a combination of biological, psychological, and social factors, and seeking help shows strength, not weakness.

MYTH:

Mental health issues are a result of bad karma, a wrath of God, or a ghost intrusion.



REALITY:

Mental health conditions are not a form of divine punishment or bad karma. They are medical issues that can be treated through therapy, counseling, and sometimes medication.

MYTH:

Depression and anxiety are just phases and will go away on their own.



REALITY:

While mood fluctuations can be part of growing up, depression and anxiety are serious conditions that often require intervention and support. Ignoring them can lead to more severe issues over time.

MYTH:

People with mental health concerns are violent and dangerous, and it is best to keep them in confinement.



REALITY:

People struggling with mental health issues need support, compassion, and understanding from friends and family. Avoiding them can increase feelings of isolation and make their situation worse.

MYTH:

People with mental health concerns are not well-suited for a regular job and they will never live a normal life.



REALITY:

With proper support and treatment, people with mental health conditions can live fulfilling and productive lives. Mental illness does not define a person's potential or future.

MYTH:

Most suicides happen without warning.



REALITY:

Almost every suicide is preceded by a warning sign. Some of these signs include social withdrawal, impulsive behavior, expressing feelings of worthlessness, and substance use.

MYTH:

Talking about mental health or suicidal ideation makes things worse.



REALITY:

While stigma still exists, communities are becoming more supportive. Opening up to trusted friends, family, or professionals can lead to receiving the help needed.

MYTH:

Only those with mental health issues are at risk of suicide.



REALITY:

Studies have shown that most of the people that die due to suicide do not have a diagnosed mental health condition.

MYTH:

People talking about suicidal ideation are desperate for attention.



REALITY:

People who have suicidal ideations are under genuine stress and they need to be heard. They are not asking for attention. In fact, this can be a warning sign.

MYTH:

Only those with severe mental illness should go to a mental health professional.



REALITY:

Therapy can be helpful for those dealing with emotional stress or anyone looking to improve their mental well-being. It is not just for severe mental health conditions.

MYTH:

Therapy is a waste of time and money because mental health problems can't be treated.



REALITY:

Most mental health conditions are treatable with the right combination of therapy, lifestyle changes, and sometimes medication, with early intervention leading to better outcomes.

MYTH:

Meditating, praying, and other non-professional means are always sufficient to cure a mental health illness.



REALITY:

While meditation, yoga, and mindfulness can help manage stress, they are not a cure for mental health conditions. Professional help, such as therapy, counseling, and medication may often be necessary.

Seek help for mental health and break the stigma.

