

# Is your mind made up about mental illness?

**Myth:** Mental health problems are very rare.

**Fact:** Mental health problems affect one in four people.

**Myth:** People with mental health problems are different from normal people

**Fact:** We all have mental health, just like we all have physical health.

**Myth:** People with mental illness never recover.

**Fact:** People with mental illness can and do recover.

**Myth:** After experiencing a mental health problem, people are weaker.

**Fact:** Many people who have gone through this actually feel stronger.

**Myth:** People with mental illness are violent and unpredictable.

**Fact:** People with mental illness are more likely to be a victim of violence.

**Myth:** I don't know anyone with a mental illness.

**Fact:** Someone you know or love has experienced a mental illness.