

# Mental Health Myths vs. Facts

## Myth

People who are mentally ill are **violent, dangerous, untrustworthy or unpredictable.**



## Fact

Many violent people have no history of mental illness and **most people with a mental illness have no history of violence.** People with a mental illness are much **more likely to be the victims of violence and crime** than the perpetrators.

People are **unable to recover** from mental illness.



Mental illness is **not a life sentence.** **Most people will recover completely**, and there are various treatments available to enable people to **manage their symptoms or illness.**

Mental illnesses are **all the same.**



There are **many types of mental illnesses** and many kinds of symptoms or effects.

People who share the **same diagnosis** will have the **same experience** of mental illness.



While a particular mental illness may tend to show a certain range of symptoms, **not everyone will experience the same symptoms.** A diagnosis will tell you little about a person's ability and personal characteristics.

Some **cultural groups** are more likely than others to experience mental illness.



Anyone can develop a mental illness and **no one is immune** to mental health problems. **Cultural background** may affect how people **experience** mental illness and how they **understand and interpret** the symptoms of mental illness.

People with a mental illness **differ in appearance** to others in the community.



People with mental illness **do not look any different** from others in the community.