



# Myth-Busting Mental Health Stigma

While the rate of mental illness among minorities in the U.S. is similar to the white population, they are less likely to seek care: 48% of the white population receive mental health services, whereas only 30% of Black and Hispanic populations and 22% of Asian American populations do. This disparity is due to a variety of reasons: cost, lack of insurance coverage, distrust of the medical community, and a lack of diversity among providers. Let's dispel some misconceptions around mental illness to close gaps in mental health care.

**❗ Myth: I'm weak because I'm struggling with my mental health.**

**🔄 Fact:** Mental illness affects people of all ages, races, income levels and religions. At any given moment in the U.S., 25% of the adult population has a diagnosable mental health condition. A mental health condition has nothing to do with being weak or lacking willpower—it's a medical problem that needs treatment in the same way a broken leg or high blood pressure need treatment.

**❗ Myth: My issues are not “bad enough” to seek help, especially in comparison to other people.**

**🔄 Fact:** It can be challenging to determine if the issues you are experiencing indicate a temporary condition or a more serious mental health problem. If you're not sure whether to seek help, remember that everyone can benefit from taking steps to promote their well-being and improve their mental health.

**❗ Myth: I won't be able to get help because my mental health issue won't be understood.**

**🔄 Fact:** Mental health care providers are trained to identify all types of issues and can offer treatment plans to resolve them. For example, more than 80% of people treated for depression improve, while treatment for panic disorders has up to a 90% success rate. You may be surprised to find out how many people have also dealt with or are dealing with problems like your own.

**❗ Myth: If I let a health care provider know about my mental health, it will be held against me.**

**🔄 Fact:** All information patients share with their mental health provider is strictly confidential and cannot be shared with anyone else.

**❗ Myth: The only safe place for me to find help is in my religious community or place of worship.**

**🔄 Fact:** A place of worship is a great place to find community and can provide comfort and solace. However, including therapy for mental health concerns can provide a non-judgmental place to learn healthy ways to cope and improve your quality of life.

**#MinorityMentalHealthMatters #NotaCharacterFlaw**

If you or someone you know is struggling with mental health issue, help is out there.  
Contact the Mental Health America 24/7 Crisis Text Line (Text MHA to 741-741).

