

Mental Health Myths & Facts

❗ **Myth:** Mental health problems won't affect me or my loved ones.

⬇️ **Fact:** Mental health problems are common. Many adults and young people experience them each year. Anyone can be affected, no matter their age or background.

❗ **Myth:** Children don't have mental health problems.

⬇️ **Fact:** Children can show early signs of mental health issues. Many mental health conditions begin in childhood or the teen years.

❗ **Myth:** Mental health and behavioral health are the same.

⬇️ **Fact:** They are related, but they are not the same. Mental health is about your thoughts and emotions. Behavioral health looks at how your actions and habits affect your overall health.

❗ **Myth:** You can always tell when someone has a mental health problem because they act in violent or unpredictable ways.

⬇️ **Fact:** Most people with mental health conditions are not violent. In fact, they are more likely to be victims of violence than to cause it.

❗ **Myth:** I can't help someone with a mental health problem.

⬇️ **Fact:** You can:

- Reach out and listen
- Help them find mental health services
- Learn the facts and share them
- Treat them with respect and kindness

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 **Myth:** You can't prevent mental health problems.

 **Fact:** Prevention is possible. Supporting emotional health in children and teens can lead to:

- Better school outcomes
- Healthier choices
- Lower crime
- Stronger communities
- Better quality of life
- Longer life
- Healthier families

#MentalHealthMatters

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

Reviewed by EAP Clinical Director, LMHC, CEAP.