

Facts & Myths about Poor Mental Health

Myth	Fact
Mental illness is incurable - you will never recover!	Mental illness is treatable and many people recover. While some conditions are long-lasting, receiving the appropriate support from a mental health professional (e.g., a psychologist/social worker) can reduce symptoms and lead a happy and healthy life.
Medication is the only answer	Medication is appropriate in some cases and should be taken when advised by an appropriate mental health professional (e.g., a psychiatrist). However, medication in combination with therapy is particularly useful for long-term benefits.
Mental illness is a sign of weakness or a character flaw	Mental illness can affect many people regardless of personality type. Biological, social and environmental factors can all play a part. Seeking help and being vulnerable is a sign of resilience and strength. It is okay to not be okay, and it is okay to ask for help.
People who have a mental illness can 'snap out of it'	Physical health issues, such as catching the flu or having a fever, requires a recovery process. It is exactly the same for people with a mental illness. Treatment can be an on-going process and may require regular sessions with a clinician, and recovery <i>is</i> possible.
Having a mental illness means you are 'crazy'	<p>This is unfortunately a common misconception underlying the stigma of mental illness in society and can prevent people from seeking mental health support. Organisations such as headspace and Beyond Blue are actively working to break down this stigma every day.</p> <p>Mental illness has the potential to alter your mood and behaviours, you are not crazy. It means you are experiencing an illness just like anyone with a physical illness. 1 in 5 people experience a mental health condition in any year. You are not alone.</p>