

# Myths and Facts about Mental Health

**Myth:**

Mental health problems are rare

**Fact:** 1 in 4 people will experience a mental health problem, which means someone you know may be struggling with mental illness.

**Learn about different mental health problems:**

<https://www.time-to-change.org.uk/about-mental-health/myths-facts>

**Myth:**

I can't do anything to support someone with a mental health problem

**Fact:** There are lots of things you can do to make a difference to their life:

- Check in
- Listen and don't judge
- Treat them in the same way
- Ask twice

**Find out how you can be there for someone who is struggling:**

[https://www.time-to-change.org.uk/about-mental-health/support-someone?field\\_relation\\_type\\_value=1](https://www.time-to-change.org.uk/about-mental-health/support-someone?field_relation_type_value=1)

**Myth:**

People with a mental illness are not able to work

**Fact:** People with a mental illness can hold down a successful job. We all probably work with someone experiencing a mental health problem.

**Read personal stories from people who have experienced mental illness:**

<https://www.time-to-change.org.uk/personal-stories>

# Myths and Facts about Mental Health

**Myth:** You can't recover from mental health problems

**Fact:** They might not go away forever but lots of people with mental health problems still work, have families and lead full lives.

**Read personal stories from people who have experienced mental illness:**  
<https://www.time-to-change.org.uk/personal-stories>

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

**Fact:** Most people with mental health problems, even those with severe ones like schizophrenia, are not violent. Someone with mental illness is more likely to be a victim of violence, than inflict it.

**Read more about violence and mental health:**  
<https://www.time-to-change.org.uk/media-centre/responsible-reporting/violence-mental-health-problems>

**Myth:** Young people just go through ups and downs as part of puberty – it's nothing.

**Fact:** 1 in 8 young people will experience a mental health problem.

**Find out more about how to support a young person with a mental health problem:**  
[https://www.time-to-change.org.uk/about-mental-health/support-someone?field\\_relation\\_type\\_value=3](https://www.time-to-change.org.uk/about-mental-health/support-someone?field_relation_type_value=3)

If you have any concerns regarding a young person or adult, then please contact:

**JTM's Safeguarding Officer:** Sarah McCarthy

**Tel:** 0151 336 9358

**Email:** [sarah.mccarthy@jarvis-eu.com](mailto:sarah.mccarthy@jarvis-eu.com)