

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

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

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