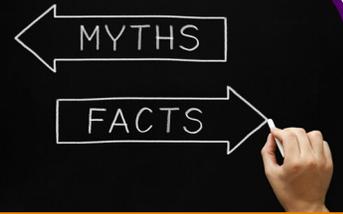


MYTHS AND FACTS ABOUT MENTAL ILLNESS



As statistics regarding mental illness in the United States continue to rise, it is essential to understand the factors that might impact an individual's decision to seek treatment. One of the most consistent influential factors affecting this decision is the stigma, perceived and actualized, towards mental illness. Despite the high success rate of treatment for mental illness, many people will avoid seeking help for fear of being labeled as 'crazy'. They worry about the negative impact that seeking treatment and receiving a diagnosis will have on their ability to go to school, find work, or secure housing and social acceptance. Below are common myths about mental illness to keep in mind.

Myth: Mental health conditions are uncommon.

Fact: Mental illness is more prevalent than many people think: One in five Americans experiences it in their lifetime. In any given year, one in twenty-five Americans experiences a serious mental illness that substantially interferes with or limits one or more major life activities. Mental illness can affect anyone, regardless of age, race, income level and religion. These common conditions are medical, and can cause changes in how people think and feel.

Myth: You're just sad, not depressed.

Fact: Depression is not something a person can will away. People often have the misconception that a person can just "cheer up" or "shake it off." Depression is not just "the blues," but a serious medical condition that affects the biological functioning of our bodies and brains. However, there are treatments like cognitive therapy or medication that can help address the symptoms of depression.

Myth: People with mental illness can't handle work or school.

Fact: Stressful situations can be difficult for all people, not just those who live with mental illness. People with mental health conditions have jobs, go to school, and are active members of their communities.

Myth: Psychiatric disorders are not real medical issues.

Fact: Just like heart disease and diabetes, mental health disorders are legitimate medical illnesses. Research shows that mental illnesses have genetic and environmental causes, and that they can be treated as effectively as other medical conditions.

Help is available. Call your Talk One2One
Student Assistance Program for more information.

Talk One-2-One Student Assistance Program
800-756-3124

