

MYTH

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**PEOPLE CAN'T WORK
IF THEY HAVE A
MENTAL ILLNESS**

**POOR MENTAL HEALTH
INCREASES THE RISK OF
DEVELOPING LONG-LASTING
(CHRONIC) PHYSICAL
HEALTH CONDITIONS**

**PEOPLE WITH MENTAL
HEALTH ILLNESSES ARE
USUALLY VIOLENT AND
UNPREDICTABLE**

**PERSONALITY WEAKNESS
OR CHARACTER FLAWS
CAUSE MENTAL HEALTH
PROBLEMS**

**IT'S EASY FOR YOUNG
PEOPLE TO TALK TO
FRIENDS ABOUT THEIR
FEELINGS**

**PEOPLE WITH MENTAL
HEALTH PROBLEMS CAN
SNAP OUT OF IT IF THEY
TRY HARD ENOUGH**

**MENTAL ILLNESS
IS VERY COMMON**

**YOU SHOULD BE ABLE TO
GET THROUGH MENTAL
HEALTH PROBLEMS ON
YOUR OWN**

**THE STIGMA AND
DISCRIMINATION AROUND A
MENTAL ILLNESS CAN BE
WORSE THAN THE
CONDITION ITSELF**

**SELF-HARMING ISN'T
A MENTAL ILLNESS**

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**3 IN 4 MENTAL
ILLNESSES START IN
BEFORE YOUR TURN 24**

**ONLY MILITARY
PERSONNEL AND
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