Challenging the Myths of mental illness

Myths and Facts

Myth: People living with a mental illness can never recover

Fact: Recovery from mental illness is possible - it is not the absence of illness but a person’s ability to take control of their illness, to live life to their full potential. The four major dimensions that are essential to life in recovery are:

Health - manage one’s disease as well as live in a physically and emotionally healthy way

Home - have a stable and safe place to live

Purpose - engage in meaningful daily activities such as a job, school, hobbies, or volunteering

Community - maintain relationships and networks that provide support, friendship, love and hope

Myth: People living with a mental illness just take from society, they make no contribution

Fact: People with a mental illness do achieve, contribute and enhance their communities - some examples of those having made a difference ...

Jim Carrey, Patty Duke - entertainment
Clara Hughes, Ron Ellis - sports
John Nash (Nobel Prize) - science
Senator R. Dallaire - Canadian military, senate
Margaret Trudeau, Winston Churchill - political

Learn the Facts

For general information visit the Mental Health & Wellness Collection at the Norfolk County Public Library, Simcoe branch or visit www.ncpl.ca for books, videos and DVDs on mental illness/health, addiction and recovery.

Reviewed and recommended web sites:
www.anxietycanada.ca
www.camh.net
www.cmha.ca
www.drugandalcoholhelpline.ca
www.nedic.ca
www.mooddisorderscanada.ca
www.problemgambling.ca
www.ptsdassociation.com
www.schizophrenia.on.ca
www.suicideprevention.ca

Pamphlet provided with support from:

Community Addiction and Mental Health Services of Haldimand and Norfolk

Mental illness myths discourage people from seeking necessary help and support

Myths are the foundation for stigma and discrimination

Learn the Facts...
Challenge the Myths

For additional information or pamphlets contact:
Community Addiction and Mental Health Services
Wellness & Recovery Centre 1-877-909-4357 x2
Historically, mental illness has not been a topic of conversation and if discussed, was carried out in hushed whispers of fear and shame. Our ideas and beliefs about mental illness have frequently been the result of portrayals in popular media or news headlines. The portrayals, however, often represent the stereotypes or myths associated with mental illness and are not based on facts.

Enhancing knowledge about mental illness and challenging the myths is vital as misinformation can have many negative results:

- Individuals in need of help are reluctant to seek help
- Access to services is denied or compromised
- Family and personal relationships are strained
- Limited expectations, opportunities for those living with a mental illness
- Individuals with an illness deal with stigma, discrimination

Myth: Mental illnesses are not real they are....

Fact: Mental illnesses are medical conditions with genetic and biological causes - social and environmental factors may trigger the onset of mental illness in vulnerable individuals.

Myth: People with a mental illness just need to snap out of it, or ‘pull it together.’

Fact: Mental illnesses are medical illnesses. They are not a sign of personal weakness or just laziness. Mental illnesses are not the outcome of choices made by an individual.

Myth: People living with a mental illness are less intelligent.

Fact: Mental illnesses are not developmental or intellectual disabilities. Individuals with varying intellectual abilities have been diagnosed with a mental illness. John Forbes Nash, a Nobel Prize winner, lives with schizophrenia.

Individuals living with a developmental disorder can also be living, at the same time, with a mental illness - this is considered a dual diagnosis.

1 in 5 people live with a mental illness

Mental illnesses are medical conditions that occur when an individual experiences an ongoing change or disturbance in how they feel, act, think or perceive which causes distress or disability.

Mental illness can affect ANYONE

There are many types of mental illness:

**Anxiety Disorders:**
- Specific phobias
- General Anxiety Disorder (GAD)
- Social Anxiety Disorder
- Panic Disorder
- Obsessive Compulsive Disorder (OCD)
- Posttraumatic Stress Disorder (PTSD)

**Eating Disorders:**
- Anorexia Nervosa
- Bulimia Nervosa
- Exercise Bulimia
- Binge Eating Disorder

**Mood Disorders:**
- Depression
- Bipolar Disorder
- Seasonal Affective Disorder (SAD)
- Postpartum Depression

**Personality Disorders**

**Schizophrenia**

Myths and Facts

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Myth: People with mental illness are violent.

Fact: The majority of people living with mental illness are not violent. When violence occurs, it typically is for the same reasons as in the general public.....feeling threatened or the excessive use of drugs and/or alcohol.

Learn the Facts… Challenge the Myths