

Resources to Support You Through

Mental Health Awareness Month and Beyond



May 2023

Mental Health Awareness



Common Myths & Important Facts

MYTH: MENTAL HEALTH PROBLEMS DON'T AFFECT ME ¹



Mental health problems are actually very common.

- One in five U.S. adults experience a mental health issue each year.
- One in twenty-five U.S. adults experience a serious mental illness each year.
- One in six U.S. youth aged 6 -17 experience a mental health disorder each year.

MYTH: CHILDREN DON'T EXPERIENCE MENTAL HEALTH PROBLEMS ²



Even very young children may show early warning signs of mental health concerns. These mental health problems are often clinically diagnosable and can be a product of the interaction of biological, psychological, and social factors. Half of all mental health disorders show first signs before a person turns 14 years old, and three quarters of mental health disorders begin before age 24.

MYTH: PEOPLE WITH MENTAL HEALTH PROBLEMS ARE VIOLENT AND UNPREDICTABLE ²



The vast majority of people with mental health problems are no more likely to be violent than anyone else. Most people with mental illness are not violent and only 3%–5% of violent acts can be attributed to individuals living with a serious mental illness. In fact, people with severe mental illnesses are over 10 times more likely to be victims of violent crime than the general population. You probably know someone with a mental health problem and don't even realize it, because many people with mental health problems are highly active and productive members of our communities.

MYTH: PEOPLE WITH MENTAL HEALTH NEEDS CANNOT TOLERATE THE STRESS OF HOLDING DOWN A JOB ¹



People with mental health problems are just as productive as other employees. Employers who hire people with mental health problems report good attendance and punctuality as well as motivation, good work, and job tenure on par with or greater than other employees.

MYTH: PEOPLE WITH MENTAL HEALTH PROBLEMS CAN SNAP OUT OF IT IF THEY TRY ¹



Mental health problems have nothing to do with being lazy or weak and many people need help to get better. People with mental health problems can get better and many recover completely. Many factors contribute to mental health problems, including:

- Biological factors, such as genes, physical illness, injury, or brain chemistry
- Life experiences, such as trauma or a history of abuse
- Family history of mental health problems

MYTH: ONCE SOMEONE DEVELOPS MENTAL HEALTH PROBLEMS, HE OR SHE WILL NEVER RECOVER ¹



Studies show that people with mental health problems can get better and many recover completely. Recovery refers to the process in which people are able to live, work, learn, and participate fully in their communities. There are more treatments, services, and community support systems than ever before, and they work.

MYTH: I CAN'T DO ANYTHING FOR A PERSON WITH A MENTAL HEALTH PROBLEM ¹



Friends and loved ones can make a big difference. Only 44% of adults with diagnosable mental health problems and less than 20% of children and adolescents receive needed treatment. Friends and family can be important influences to help someone get the treatment and services they need by reaching out and letting them know you are available to help, helping them access mental health services, learning and sharing the facts, treating them with respect and refusing to define them by their diagnosis.

SOURCES

1. Mental Health Myths and Facts | MentalHealth.gov

2. Mental Health Myths: Stop the Stigma - familydoctor.org

Mental Health Awareness

Helpful Resources

**Substance Abuse & Mental Health Services
Administration**

[Click Here to View](#)

American Foundation for Suicide Prevention

[Click Here to View](#)

CDC - Suicide Prevention | Suicide | CDC

[Click Here to View](#)

National Institute of Mental Health

[Click Here to View](#)

988 Suicide & Crisis Lifeline

[Click Here to View](#)

Crisis Text Line: Text HOME to 741741

[Click Here to View](#)

Mental Health America

[Click Here to View](#)

To Write Love on Her Arms

[Click Here to View](#)

**Veteran's Crisis Line: Dial 988 & Then Press 1
or Chat Live Online**

[Click Here to View](#)

National Alliance on Mental Illness

[Click Here to View](#)

Mental Health First Aid: Mental Health Resources

[Click Here to View](#)

**Psychology Today: Find a Therapist, Psychologist,
Treatment Center and/or Support Group Tool**

[Click Here to View](#)

Healthline: Mental Health Resources

[Click Here to View](#)

Mental Health Awareness

Podcasts

Podcasts are a great way to learn more about mental health issues and helpful interventions. Below you'll find a list of top mental health podcasts where you can learn from renowned psychologists, authors, and leaders in the mental health industry!

20 : 19

35 : 00



Inside Mental Health

[Click here to listen](#)



Mental Illness Happy Hour

[Click here to listen](#)



The Verywell Mind Podcast

[Click here to listen](#)



The Positive Psychology Podcast

[Click here to listen](#)



Cleaning Up the Mental Mess

[Click here to listen](#)



The Hardcore Self-Help Podcast

[Click here to listen](#)



The Anxiety Podcast

[Click here to listen](#)



The Trauma Therapist

[Click here to listen](#)



The Happiness Lab

[Click here to listen](#)



Between Sessions

[Click here to listen](#)



The Brain Warrior's Way

[Click here to listen](#)



Mental

[Click here to listen](#)

Mental Health Awareness

Educational Videos



10 Common Mental Illnesses Crash Course

[Click Here to Watch](#) | [Video Length - 13:44](#)



Stop the Stigma: Why It's Important to Talk About Mental Health

[Click Here to Watch](#) | [Video Length - 9:19](#)



How to Manage Your Mental Health

[Click Here to Watch](#) | [Video Length - 17:32](#)



10 Mental Illness Signs You Should Not Ignore

[Click Here to Watch](#) | [Video Length - 7:15](#)



Psychologists Debunk 25 Mental Health Myths

[Click Here to Watch](#) | [Video Length - 17:09](#)



Understanding PTSD's Effects on Brain, Body, and Emotions

[Click Here to Watch](#) | [Video Length - 15:58](#)



The Cultural Taboos of Suicide and Mental Illness

[Click Here to Watch](#) | [Video Length - 20:03](#)