

Breaking the Stigma of Mental Illness

Let's play a game! Myth or Fact? Circle the correct answer (see bottom of page for key)

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| 1. People with mental health needs cannot hold down a job. | Myth or Fact |
| 2. 1 in 5 American adults experience a mental health issue | Myth or Fact |
| 3. If I have a mental health problem, it's a sign of weakness, it's my fault. | Myth or Fact |
| 4. If I seek help for my mental health problem, that means I'm crazy. | Myth or Fact |
| 5. Mental illnesses are not a condition that people choose to have or not have. | Myth or Fact |
| 6. Even very young children may show early warning signs of mental health concerns. | Myth or Fact |
| 7. People with mental health problems are violent and unpredictable. | Myth or Fact |
| 8. Friends and family can be important influences to help someone get the treatment and services they need | Myth or Fact |
| 9. Most people with mental illness live on the streets or are in mental hospitals. | Myth or Fact |
| 10. All races and ethnicities are affected by the same rate of mental illness. | Myth or Fact |
| 11. Everyone has different treatment needs. There is no one, right way to recovery. | Myth or Fact |
| 12. You can never get better from a mental illness. | Myth or Fact |
| 13. People are "faking it" or doing it for attention. | Myth or Fact |
| 14. Depression is the leading cause of disability worldwide, and is a major contributor to the global rates of disease. | Myth or Fact |
| 15. 90% of those who die by suicide have an underlying mental illness. | Myth or Fact |
| 16. Suicide is the 10th leading cause of death in the U.S. | Myth or Fact |

Break
the
Stigma



Ask
for
help

Answer key: 1. Myth 2. Fact 3. Myth 4. Myth 5. Fact 6. Fact 7. Myth 8. Fact 9. Myth 10. Fact 11. Fact 12. Myth 13. Myth 14. Fact 15. Fact 16. Fact