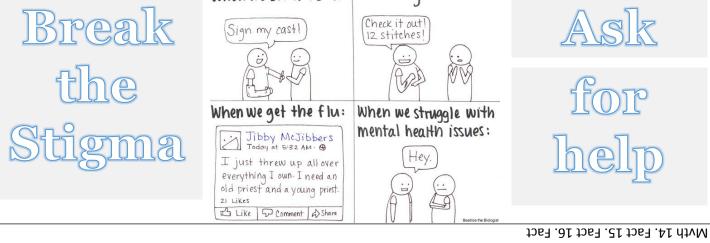


## Let's play a game! Myth or Fact? Circle the correct answer (see bottom of page for key)

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
When we break a bone: When we get a bad cut:		



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.