

MENTAL HEALTH MYTHS



Although society is moving towards a better understanding of Mental Health issues, myths still persist...

People with Mental Health issues are violent and angry

Those who face Mental health issues are more likely to be victims of a violent crime than be the perpetrator. Only 3-5% of violent crimes are committed by people with poor mental health.

Mental health issues only affect adults

Around 1 in 7 of the world's adolescents have a mental disorder.

Mental health is better now than in the past

The amount of people with common mental health problems went up by 20% between 1993 and 2014, in both men and women

People with mental health issues rarely feel stigmatised

Nearly 9 out of 10 people with mental health problems say that stigma and discrimination have a negative effect on their lives

All people with mental health problems get help

61% of adults with mental health conditions don't access treatment

20 something men are more at risk of suicide

45 to 49 years has the highest age-specific suicide rate (24.1 male and 7.1 female deaths per 100,000)