

Stigma & Myths

Title: *"The Truth About Mental Health"*

Quick Facts:

- Mental illness is **not** a curse or punishment.
- A recent study found 26% of Nigerians believe mental illness is caused by spirits, and 17% see it as punishment.— **you are not alone if you've heard this.**
- **Experts say depression and anxiety are brain-based conditions, not signs of weakness.**
 - **Brain health matters.** Depression is like having malaria of the mind — you need care, not shame.

According to mental health organizations, stigma keeps many people from seeking help — but support works.

How to Support Others:

- Listen without blaming.
- Avoid saying things like "just be strong" — instead say "I'm here with you."
- Remind them healing takes time and courage.