

Myths & Facts about Mental Health



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Myths & Facts About Mental Health

It's important to learn the facts to stop discrimination and to begin treating people with mental illnesses with respect and dignity. Learn the truth about common myths and facts on mental health issues.

Myth:

Mental illness is caused by witchcraft.

Fact:

A mental illness is not witchcraft. It is caused by genetic, biological, social and environmental factors.

Myth:

People with a mental illness never get better.

Fact:

With the right kind of help, most people do recover and lead healthy, productive and satisfying lives.

Myth:

People with a mental illness can "pull themselves out of it".

Fact:

A mental illness is not caused by personal weakness and is not "cured" by personal strength.

Myth:

People with a mental illness are violent.

Fact:

People with a mental illness are not more violent or dangerous than the rest of the population. People with a mental illness are more likely to harm themselves .

Myth:

People with a mental illness should be kept in hospital.

Fact:

With appropriate treatment and support, people with mental illness can live successfully in the community. In fact, the majority of people with a mental illness live independently in the community.

Myth:

Young people cannot be affected by mental illness, they just go through ups and downs as part of puberty.

Fact:

Young people can also suffer from mental illness. 1 in 10 young people will experience a mental health problem.

Myth:

It is impossible to prevent mental illnesses.

Fact:

There are ways to prevent mental illness which include community support systems.

Myth:

I can't do anything for someone with mental health needs.

Fact:

You can do a lot, starting with the way you act and how you speak. You can nurture an environment that builds on people's strengths and promotes good mental health.

For example:

* Avoid labeling people with words like "crazy," "mad," or by their diagnosis.

* Learn the facts about mental health and share them with others, especially if you

* Treat people with mental illnesses with respect and dignity, as you would any body else

* Respect the rights of people with mental illnesses and don't discriminate against them when it comes to housing, employment, or education. People with mental illness are protected under the law .

Myth:

Mental illnesses cannot affect me.

Fact:

Mental illnesses are surprisingly common; they affect almost everyone . Mental illnesses do not discriminate, they can affect anyone.

Myth:

People with mental illness aren't able to work.

Fact:

People with mental illness are able to work and can be productive at work .

Myth:

Children do not experience mental illnesses.

Their actions are just products of bad parenting.

Fact:

Just like adults, children can be affected by mental illnesses,