

**Mental health problems are rare.**

**Fact**

**Myth**

Mental health problems affect one in four people in any one year. So, even if you don't have a mental health problem, it's likely your friend, a family member or work colleague will be affected.

**Myth**

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**Myth**

**People with mental health problems are violent.**

People with mental health problems are much more likely to be the victim of violence. The violence myth makes it harder for people to talk openly about mental health problems. It can also make friends reluctant to stay in touch.

**Myth**

People can  
**recover** from  
a mental illness.

Fact

Myth

Fact

Many people can and do recover from mental health problems. Alongside professional help, the support of friends, family and getting back to work are all important in helping people recover.

Fact

Myth

On average, people  
with **severe** mental  
illnesses **die ten**  
**years younger.**

Fact

But it's not the mental illness that kills - it's the discrimination. The physical health needs of people with mental health problems are often dismissed, causing higher rates of death from heart attacks, diabetes and cancer for people with severe mental illness.

The **stigma** and **discrimination** around a mental illness can be more difficult than the **illness itself**.

**Fact**

**Myth**

**Fact**

In a recent survey, 58% of people said this stigma and discrimination is equally as damaging, or harder to deal with, than the illness itself. 87% of people with a mental health problem have experienced discrimination.

**Fact**

**Myth**

There's not much you can do to **help a friend** experiencing a mental health problem.

If someone you know is experiencing a mental health problem, just staying in touch can really help. For many people, it is the small things that friends do that can make a difference like visiting or phoning.

**Myth**

**People can't work  
if they have a mental  
health problem.**

**Fact**

**Myth**

With one in four people affected by mental health problems, you probably work with someone with a mental health problem. Many successful people, including MPs, sports stars and business leaders, have been open about difficulties with their mental health.

**Myth**

**Fact**

**Myth**

**If you use a mental health  
service, there's a  
one in three chance  
you'll lose contact  
with friends.**

**Fact**

Sometimes friends feel like they don't know enough to be able to help or feel uncomfortable. But you don't need to be an expert on mental health to be a friend. It's often the everyday things, like a phone call or text, that make a difference.

# Quizmaster Card

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