

Let's challenge the myths surrounding mental health.

Aim

To challenge myths surrounding mental health and the treatment of those who are experiencing mental health problems.

Time

20 mins

Materials

Copies of the Myths and Facts statements and art materials

What to do

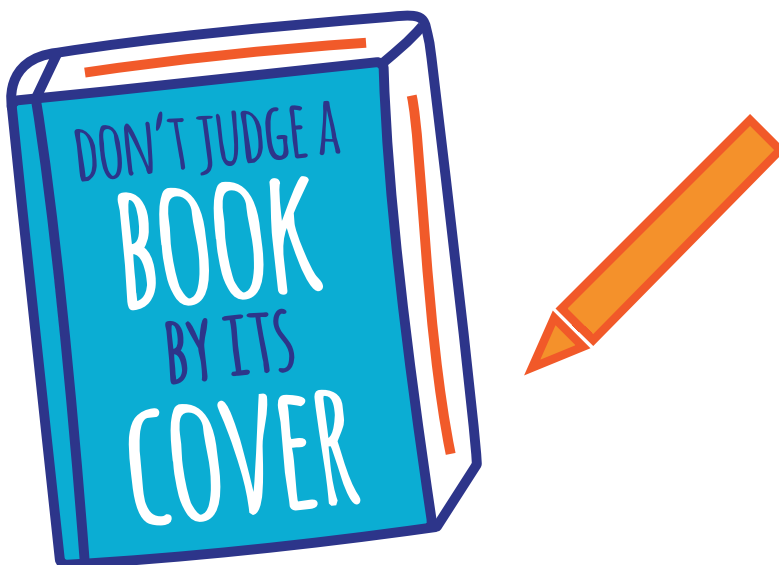
Cut out the myth and fact cards then mix them up and spread them around the room.

Ask each person to pick up one of the cards and read out the myth or fact on it. Their task is to find the person with the myth or fact connected to their card.

Ask the group to discuss where the myths came from and what impact they have on the way we treat people with mental health.

Extra

If you have time, ask the group to choose one fact each and then design a poster to highlight it.



<p>MYTH</p> <p>Mental health problems are very rare.</p>	<p>MYTH</p> <p>Only certain people have mental health.</p>
<p>MYTH</p> <p>People with mental illness aren't able to work.</p>	<p>MYTH</p> <p>People with mental illness never recover.</p>
<p>MYTH</p> <p>Young people just go through ups and downs as part of puberty, it's nothing.</p>	<p>MYTH</p> <p>Physical health problems are worse than mental health problems.</p>
<p>MYTH</p> <p>People with mental health illnesses are usually violent and unpredictable.</p>	<p>MYTH</p> <p>Mental health problems are a sign of weakness.</p>
<p>MYTH</p> <p>People with mental health problems don't experience discrimination.</p>	<p>MYTH</p> <p>I can't do anything for someone with a mental illness.</p>
<p>MYTH</p> <p>It's easy for young people to talk to friends about their feelings.</p>	<p>MYTH</p> <p>Young People with mental health problems wouldn't be at school.</p>

<p>FACT</p> <p>1 in 4 people will experience a mental health problem in any given year.</p>	<p>FACT</p> <p>We all have mental health that can move up and down, just like our physical health.</p>
<p>FACT</p> <p>We probably all work with someone experiencing a mental health problem.</p>	<p>FACT</p> <p>People with mental illness can and do recover.</p>
<p>FACT</p> <p>1 in 10 young people will experience a mental health problem.</p>	<p>FACT</p> <p>A mental health problem can feel just as bad or worse than any other illness and needs just as much support.</p>
<p>FACT</p> <p>People with a mental illness are more likely to be a victim of violence.</p>	<p>FACT</p> <p>Many high profile, successful and inspirational people have experienced mental ill health and many people gain strength from the experience.</p>
<p>FACT</p> <p>9 out of 10 people with mental health problems experience stigma and discrimination.</p>	<p>FACT</p> <p>You can help immensely by being a good friend - by simply being there to show support with no judgement. A little makes a bit difference.</p>
<p>FACT</p> <p>Nearly three in four young people fear the reactions of friends when they talk about their mental health problems.</p>	<p>FACT</p> <p>We probably all go to school with a young person experiencing a mental health problem.</p>