

# KNOW THE FACTS

May is National Mental Health Awareness Month, The African American Behavioral Health Center of Excellence wants to take the time to identify myths vs. facts in efforts to deconstruct stigma and provide support to those in need.

## MYTHS



Mental Health issues can't affect me



People with mental health issues are violent



Mental health issues are a result of personality weakness or character flaws, and people can "**snap out of it**" if they try hard enough.



I can't do anything for a person with a mental health issue



Therapy and self-help are a waste of time. Why bother when you just can take a pill



It is impossible to prevent a mental health condition

## FACTS



Mental health issues can affect anyone.



Most people with mental health conditions are no more likely to be violent than anyone else.



Mental health conditions have nothing to do with being lazy or weak and many people need help to get better. Many factors contribute to mental health conditions.



Friends and loved ones can make a big difference. In 2020, only 20% of adults received any mental health treatment in the past year



Treatment for mental health conditions vary depending on the individual and could include medication, therapy, or both.



Prevention of mental, emotional, and behavioral disorders focuses on addressing known risk factors, such as exposure to trauma, that can affect the chances that children, youth, and young adults will develop mental health conditions.

**In A Crisis? Call or Text 988**