



Mental Health Minute

To increase public awareness about mental health issues, the Mental Health Association is running a series of 8 articles on mental illness.

Common Misconceptions About Mental Illness

Myth: *“Young people and children don’t suffer from mental health problems.”*

Fact: It is estimated that more than 6 million young people in America may suffer from a mental health disorder that severely disrupts their ability to function at home, in school, or in their community.

Myth: *“People who need psychiatric care should be locked away in institutions.”*

Fact: Today, most people can lead productive lives within their communities thanks to a variety of supports, programs, and/or medications.

Myth: *“A person who has had a mental illness can never be normal.”*

Fact: People with mental illnesses can recover and resume normal activities. For example, Mike Wallace of “60 Minutes”, who has clinical depression, has received treatment & today leads an enriched and accomplished life.

Myth: *“Mentally ill persons are dangerous.”*

Fact: The vast majority of people with mental illnesses *are not* violent. In the cases when violence *does* occur, the incidence typically results from the same reasons as with the general public such as feeling threatened or excessive use of alcohol and/or drugs.

Myth: *“People with mental illnesses can work low-level jobs but aren’t suited for important responsible positions.”*

Fact: People with mental illnesses, like everyone else, have the potential to work at any level depending on their own abilities, experience and motivation.

Mental Health Minute is provided by the Mental Health Association of Franklin & Fulton Counties (MHA). through funding from the Franklin/Fulton Mental Health/ Mental Retardation/ Drug and Alcohol Program. For more info: call 1-866-593-8351 or email: info@mhaff.org.