

Name: 

Read each statement below and discuss whether it is fact or fiction.

1. Mental health issues begin during adolescence.
2. Most mental health issues can improve with proper intervention.
3. Mental health problems are rare in Canada.
4. Mental illnesses are not real illnesses.
5. Most people with a mental health issue can pull themselves out of it.
6. Emotional problems are a sign of weakness.
7. Most people with mental illnesses have a tendency for violent behaviour.
8. Depression is not a mental illness.
9. People with mental health issues usually suffer from physical illness as well.
10. Most people with mental health issues have difficulty learning.