

Read the information under each statement and compare it to your discussion. What did you already know? What new understandings do you have?

1. Mental health issues begin during adolescence.
Actually, mental health issues can begin early in childhood, and research says that most people who have a mental illness started to show signs before age 14.
2. Most mental health issues can improve with proper intervention.
This is a fact. With proper intervention, which can include therapy and medication, many individuals with mental health issues can function well and live fulfilling lives.
3. Mental health problems are rare in Canada.
This is not true. In fact, chances are you will know someone who has been affected by some form of mental illness.
4. Mental illnesses are not real illnesses.
There is a huge spectrum of mental health issues and they are as real as any other type of illness. Most require treatment, much like physical illnesses. They don't just "go away."
5. Most people with a mental health issue can pull themselves out of it.
This is not true. A mental health issue is as important as a physical health issue and people cannot just "pull themselves out of it."
6. Emotional problems are a sign of weakness.
Emotional problems can affect anyone at any time, regardless of age, gender, race, or ethnicity. They have nothing to do with being lazy or weak. In fact, taking care of yourself and reaching out for help when necessary are signs of strength, not weakness.
7. Most people with mental illnesses have a tendency for violent behaviour.
This is a stigma that is not true. People with mental illness are no more likely to be violent than anyone else.
8. Depression is not a mental illness.
Depression is one of the many mental illnesses that are part of the large spectrum of what constitutes mental illness. Depression can come in varying degrees and not all people who feel depressed have a mental illness.
9. People with mental health issues usually suffer from physical illness as well.
There is no evidence that people with mental illnesses are prone to physical illness more than other people.
10. Most people with mental health issues have difficulty learning.
This is untrue. People with mental illness vary in intelligence just like everybody else.