

## Myths vs. Facts About Mental Health

Myth:

- People with mental illness are weak.

Fact:

- Mental illness isn't a sign of weakness. It's a medical condition that can affect anyone.

Myth:

- Mental illness is rare.

Fact:

- Millions of people experience mental health challenges. It's very common.

Myth:

- You can just "snap out of it."

Fact:

- Mental illness isn't something someone can simply stop. Treatment and support can help.

Myth:

- Talking about mental health makes things worse.

Fact:

- Honest conversations help reduce stigma and encourage people to get help.

Myth:

- Only adults have mental illness.

Fact:

- Mental health conditions can affect anyone – children, teens, and adults.

### **Wyandot Behavioral Health Network**

Website: <https://www.wyandotbhn.org/> | Phone: [913-328-4600](tel:913-328-4600)

**In Crisis?** Call or text [988](tel:988) (Suicide & Crisis Lifeline) or call [913-788-4200](tel:913-788-4200).