

1. Mental health problems are rare.

Myth Fact

2. People with mental health problems are violent.

Myth Fact

3. People can recover completely from a mental illness.

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4. On average, people with severe mental illnesses die ten years younger.

Myth Fact

5. You can be open about mental health problems without fearing you'll be treated differently.

Myth Fact

6. There's not much you can do to help a friend experiencing a mental health problem.

Myth Fact

7. People can't work if they have a mental health problem.

Myth Fact

8. If you use a mental health service, there's a one in three chance you'll lose contact with friends.

Myth Fact

Mental health myth?

Mental health fact?

Take our quiz and find out if you know the mental health myths from the facts.

time to change

let's end mental health discrimination

How did you do?

1. Mental health problems are rare.

This is a myth. Mental health problems affect one in four people in any one year. So, even if you don't have a mental health problem, it's likely your best friend, a family member or work colleague will be affected.

2. People with mental health problems are violent.

This is a myth. People with mental health problems are much more likely to be the victim of violence. The violence myth makes it harder for people to talk openly about mental health problems. It can also make friends reluctant to stay in touch.

3. People can recover completely from a mental illness.

This is a fact. Many people can and do recover completely from mental health problems. Alongside professional help, the support of friends, family and getting back to work are all important in helping people recover.

4. On average, people with severe mental illnesses die ten years younger.

This is a fact. But it's not the mental illness that kills – it's the discrimination. The physical health needs of people with mental health problems are often dismissed, causing higher rates of death from heart attacks, diabetes and cancer for people with severe mental illness.

5. You can be open about mental health problems without fearing you'll be treated differently.

This is a myth. People fear telling friends, family and work colleagues if they have a mental health problem because of stigma. In fact, 87% of people with a mental health problem have experienced discrimination.

6. There's not much you can do to help a friend experiencing a mental health problem.

This is a myth. If someone you know is experiencing a mental health problem, just staying in touch can really help. For many people, it is the small things that friends do that can make a difference like visiting or phoning.

7. People can't work if they have a mental health problem.

This is a myth. With one in four people affected by mental health problems, you probably work with someone with a mental health problem.

8. If you use a mental health service, there's a one in three chance you'll lose contact with friends.

This is a fact. Sometimes friends feel like they don't know enough to be able to help or feel uncomfortable. But you don't need to be an expert on mental health to be a friend. It's often the everyday things, like a phone call or text, that make a difference.

If you got more than four right...

Great! You know the mental health myths from the facts.

If you got fewer than four right...

It looks like it's time to find out the facts about mental health problems. But just doing this quiz will have helped.

Get involved today

There's lots you can do to support friends and family experiencing mental health problems and help end mental health discrimination.

Go to www.time-to-change.org.uk and get involved today.