

Myth or fact?

**Mental health
issues are rare.**

SAMARITANS

Myth or fact?

Myth

We all have mental health, the same as we all have physical health.

Did you know that 1 in 4 people will be affected by a mental health issue in any one year? So, even if you haven't experienced something yourself, it could be that a friend, a family member or work colleague has or does.

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A registered charity

Myth or fact?

People with mental
health issues are
more prone to
violent behaviour.

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Myth or fact?

Myth

The reality is people with mental health issues are much more likely to be the victims of violence.

The violence myth can make it harder for people to talk openly about their mental health.

It can also make those around them more reluctant to stay in touch.

Myth or fact?

People are unable
to work if they have
mental health issues.

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Myth or fact?

Myth

Chances are that with 1 in 4 people affected, you probably work with someone who lives with a mental health issue.

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Myth or fact?

People can recover
from a mental
health issue.

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Myth or fact?

Fact

Many people do fully recover from mental health issues and never experience another episode.

Alongside professional help, the support of friends and family and the routine of getting back to work can all play an integral part in helping people recover.

Myth or fact?

People have to have
a mental health issue
to feel suicidal.

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Myth or fact?

Myth

Anyone can experience the feelings associated with a crisis and being overwhelmed depending on what is happening in their life at that time – it does not mean they have a mental health issue.

At Samaritans, we know these feelings of crisis can have a very short time frame. Any sort of intervention, eg asking "are you OK?" can be enough to break that intense feeling, and help the person to calm down and start to talk or think about their options.

Myth or fact?

On average, people
with diagnosed
severe mental
health issues die
ten years younger.

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Myth or fact?

Fact

But, it's not always the mental illness that kills – it is more often the indirect result of societal discrimination.

The physical health needs of people with mental health issues are often dismissed, causing higher rates of death from heart attacks, diabetes and cancer.

Myth or fact?

There is nothing you
can do to support a
friend who is
struggling emotionally.

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Myth or fact?

Myth

If someone you know is struggling, just staying in touch can really help. For many it is the small things that people do that can make a difference. A simple check in with someone eg "How are you today?" can mean a lot.