

Busting Mental Health Myths

Despite significant progress over the past few years in terms of education, awareness and access to mental health services, societies keep perpetuating untruths about mental health. The result is that individuals who need help often don't feel comfortable asking for it or making the necessary changes, for fear of being judged or seen as weak.

Here are some of the most common myths, and the truths you need to know.

Myth 1: Only weak people experience poor mental health

Today, it's better understood that issues such as depression or anxiety have nothing to do with a lack of mental fortitude or resilience. Anyone can experience depression and anxiety, even those who're mentally strong. Furthermore, there are times when you're more likely to have poor mental health than other times. This is the normal circumstance of life.

Myth 2: If you're healthy, financially secure and supported by family, you've no reason to be depressed

You don't have to have lost a loved one, lost your job or be in poor physical health. There are many factors that can lead to poor mental health, including chemical imbalances in the brain, natural personality traits, family history, hormonal changes and natural ageing. Fortunately, today there is help at hand.

Myth 3: If a teenager is experiencing poor mental health, it's nothing more than hormones

It's estimated that around one in seven teenagers experience poor mental health before the age of 20, the leading forms of which are depression, anxiety and behavioural disorders. This can be the result of many factors, often outside their control and that of their parents. The circumstances can be different among individuals, and it's important not to make assumptions.



Myth 4: Therapy can't help

Science has long proven that therapy, in combination with medicine, is highly effective in treating poor mental health. By talking with a professional, one-on-one or in a group, you'll come to understand more about your condition, your feelings, thoughts and moods, and you'll develop management skills and healthy coping mechanisms.

Myth 5: If you have poor mental health, you're crazy

There is a wide range of mental health disorders, and few of them are related to insanity. The main classes include depressive and anxiety disorders, disorders relating to trauma, obsessive-compulsion, dissociation, eating disorders, elimination disorders, somatic symptom disorders, and sleep-wake cycle disorders. There are also conditions such as sexual dysfunction, gender dysphoria, disruptive, impulse control and conduct disorders, substance-related and addictive disorders, neurocognitive disorders, personality disorders, paraphilic disorders, neurodevelopmental disorders, bipolar disorders, and disorders on the schizophrenia spectrum. Furthermore, the severity of the condition and symptoms may vary among individuals. Just because an individual is experiencing poor mental health, it doesn't necessarily mean they've lost control of their mental faculties.



Bottom line

The way we speak about mental health matters. We shouldn't perpetuate myths, and we should treat everyone with respect, which will allow those with mental health challenges to access the help they need and make the recovery they deserve.



Toll-free:
Request a call back: *134*905#
Get in touch online: <http://app.lyrawellbeing.health/>
Your company code:

<https://www.unicef.org/parenting/health/busted-7-myths-about-mental-health>
<https://www.nhs.uk/mental-health/conditions/depression-in-adults/causes/>
<https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health>

lyra wellbeing
Formerly ICAS