



GLOBAL MEDICAL
EDUCATION
PRESENTS

MYTHS *and* FACTS

about MENTAL ILLNESS

MYTH

Mental health problems are rare.



1 IN 4

FACT

As many as 1 in 4 people in the world will be affected by mental or neurological disorder at some point in their lives.

MYTH

Cardiovascular illness is the leading cause of disability world-wide.



FACT

By 2030, depression will be the leading cause of disability world-wide.

MYTH

Once you feel better you can stop taking your psychiatric medications.



FACT

Almost all patients with psychiatric illness benefit from ongoing treatment for a period of time and sometimes for the rest of their lives to prevent relapses and recurrences just like diabetes and heart disease patients.



MYTH

Psychiatric illness is a result of bad relationships.



FACT

All psychiatric illnesses have a genetic component and an environmental component, bad relationships being only one of several possible causes.

MYTH

Treatment for psychiatric illness is a cop-out for weak people.



FACT

Treatment is necessary for psychiatric illnesses like it is for other medical illnesses like diabetes and heart disease.

MYTH

People with psychiatric illnesses have a weak character or inadequate coping skills.



FACT

Psychiatric illnesses are medical illnesses with biological, environmental AND psychosocial causes like all other illnesses.

MYTH

Mental disorders only affect adults.



FACT

About half of mental disorders begin before the age of 14.

MYTH

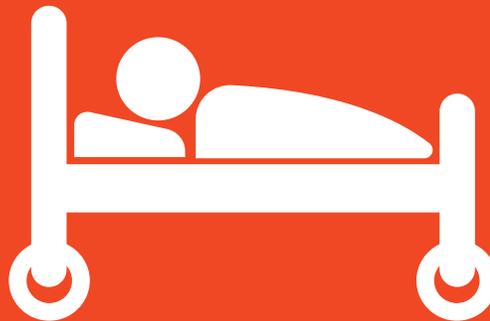
Mental illness in children is caused by bad parenting.

FACT

Like adults, mental illness in children may be due to biological, environmental and psychosocial factors.

MYTH

Mental disorders have no effect on physical health.



FACT

Mental disorders increase the risk of getting ill from other diseases such as cardiovascular disease, diabetes, etc.

MYTH

Depression and other psychiatric disorders will just go away with time.



FACT

Psychiatric disorder will likely persist if left untreated can affect health outcomes.

MYTH



Vitamins can help mental illness.

FACT

There is no evidence that vitamins can treat psychiatric problems.

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*Always talk to your doctor about your illness and
treatments that are right for you.*

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