

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 friend, a family member or work colleague will be affected.





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.



# People can recover from a mental illness. Myth



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

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

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.

## The Stigma and discrimination around a mental illnness can be more difficult than the illness itself. Myth Fact

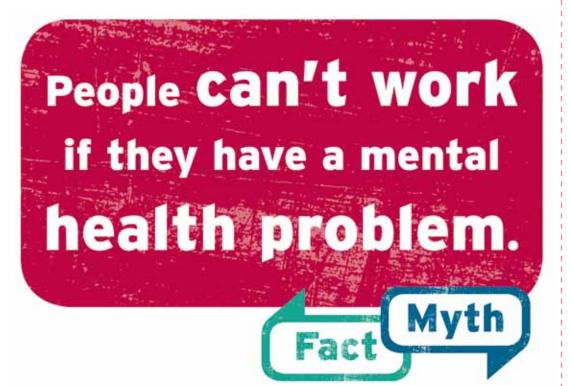
#### Fact

In a recent survey, 58% of people said this stigma and discrimination is equally as damaging, or harder to deal with, than the illness itself. 87% of people with a mental health problem have experienced discrimination.

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

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.





With one in four people affected by mental health problems, you probably work with someone with a mental health problem. Many successful people, including MPs, sports stars and business leaders, have been open about difficulties with their mental health.



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

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.

#### **Quizmaster Card**

### Mental health problems are rare.

Myth

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People with mental health problems are violent.

Myth

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Fact

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

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