

Mental Health Matters

MYTHS vs FACTS

Can you tell the difference between a mental health myth and fact?
Learn the truth about the most common mental health myths.



MYTH

Mental health problems don't affect me.

FACT



1 in 5 adults experience a mental health issue



1 in 10 young people experience a period of major depression



1 in 25 Americans live with a serious mental illness

FACT: Suicide is the 10th leading cause of death in the US

MYTH

Children don't experience mental health issues.

FACT



50% of all mental health disorders show before age 14



75% of mental health disorders begin before age 24



Less than 20% of children & adolescents with diagnosable mental health problems receive treatment

MYTH

People with mental health problems are violent & unpredictable.

FACT

Only 3% - 5% of violent acts can be attributed to individuals living with a serious mental illness. The vast majority of people with mental health problems are no more likely to be violent than anyone else.

* Statistics retrieved from MentalHealth.gov



Contact NJPA to locate a psychologist in your area:



Phone: 973-243-9800



Website: www.psychologynj.org

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