



Mental Health Myths & Facts

❗ Myth: Mental health and behavioral health are the same thing.

🔍 Fact: Mental health and behavioral health are related but involve distinct aspects of well-being. Mental health focuses on one's emotional, psychological and cognitive state, encompassing conditions like depression, anxiety and schizophrenia. Behavioral health considers how an individual's lifestyle, cognitive state and coping mechanisms can impact their overall health and can include conditions such as substance use disorder and autism.

❗ Myth: Mental health problems won't affect me or my circle of loved ones.

🔍 Fact: Mental health issues are very common. In 2023, one in five American adults — more than 50 million people (about twice the population of Texas) — experienced a mental health issue. One in six young people experienced a major mental health disorder. In 2023, adults ages 35–44 experienced the highest increase in mental health diagnoses, while adults ages 18–34 reported the highest rate of mental illnesses at 50%.

❗ Myth: Children can't experience mental health problems.

🔍 Fact: Young children show early warning signs of mental health concerns. Half of all mental health disorders show their first signs before 14 years old, and three-quarters of mental health disorders begin before age 24.

❗ Myth: It's obvious when people are struggling with mental health problems because their behavior is violent or unpredictable.

🔍 Fact: Most people with mental illness are not violent, and only 3%–5% of violent acts can be attributed to individuals living with a serious mental illness. In fact, people with severe mental illnesses are over 10 times more likely to be victims of violent crime than the general population.

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❗ **Myth:** I can't do anything for a person with a mental health problem.

🔗 **Fact:** Friends and family can be important influences to help someone get the treatment and services they need by:

- Reaching out and letting them know you are available to help
- Helping them access mental health services
- Learning and sharing the facts about mental health
- Treating them with respect

❗ **Myth:** Preventative care doesn't apply to mental illnesses.

🔗 **Fact:** Prevention of mental, emotional and behavioral disorders focuses on addressing known risk factors that can affect the probability that an individual will develop mental health problems. Promoting the social-emotional well-being of children and youth leads to:

- Higher overall productivity
- Better educational outcomes
- Lower crime rates
- Stronger economies
- Lower health care costs
- Improved quality of life
- Increased lifespan
- Improved family life

#MentalHealth #MakItMainstream

If you or someone you know is struggling with mental health issue, help is out there. Contact the Mental Health America 24/7 Crisis Text Line (Text MHA to 741-741).

