

## FACT VS. FICTION

**FICTION:** People with a mental illness are often violent.

**FACT:** Actually, the vast majority of people with mental health conditions are no more violent than anyone else. People with mental illness are much more likely to be the victims of crime.

**FICTION:** Mental illness is a sign of weakness.

**FACT:** A mental illness is not caused by personal weakness—nor can it be cured by positive thinking or willpower - proper treatment is needed.

**FICTION:** Only military personnel who have been in combat can suffer from PTSD.

**FACT:** While PTSD is prevalent in men and women who have seen combat, experiencing or witnessing a traumatic event can trigger PTSD, including violent personal assaults such as rape or robbery, natural or human-caused disasters, or accidents.

**FICTION:** People with a mental illness will never get better.

**FACT:** For some people, a mental illness may be a lifelong condition, like diabetes. But as with diabetes, proper treatment enables many people with a mental illness to lead fulfilling and productive lives.

**FICTION:** Children don't suffer from mental illness.

**FACT:** Millions of children are affected by depression, anxiety and other mental illnesses. As a matter of fact, 1 in 10 children suffer from a diagnosable mental illness. Getting treatment is essential.

**FICTION:** "Mental illness can't affect me!"

**FACT:** Mental illness can affect anyone. While some illnesses have a genetic risk, mental illness can affect people of all ages, races and income levels, whether or not there is a family history.

