

**MYTH:** "People with mental illnesses are dangerous."

**FACT:** The vast majority of people with mental illnesses are not violent. In cases of violence, the incidence typically results from the same reasons it does the general public, such as feeling threatened, or due to excessive use of alcohol and/or drugs.

**MYTH:** "People with mental illnesses can work low-level jobs but aren't suited for really important or responsible positions."

**FACT:** People with mental illnesses, like everyone else, have the potential to work at any level depending on their own abilities, experience and motivation.

## How you can combat stigma:

- 1 Share your experience with mental illness.** Your story can convey to others that having a mental illness is nothing to be ashamed of. Mental Health America's "Real Lives" program is a one-of-a-kind online project that invites individuals living with mental health problems to break the silence and share their stories. To read stories and post your own, visit [www.mentalhealthamerica.net/go/action/share-your-story](http://www.mentalhealthamerica.net/go/action/share-your-story).
- 2 Help people with mental illnesses re-enter society.** Support their efforts to obtain housing and jobs.
- 3 Respond to false statements about or images of people with mental illnesses.** Many people have wrong and damaging ideas about mental illnesses. Providing accurate facts and information may help change their ideas and actions.

## Remember:

People who have a mental illness, their friends and family all have many challenges to meet.

**Get the facts.**

**Give hope and respect to all.**

### For More Information

For more information or referrals to local services, visit our online Frequently Asked Questions section at [www.mentalhealthamerica.net/go/faqs](http://www.mentalhealthamerica.net/go/faqs), contact Mental Health America, or contact your local Mental Health America affiliate.

#### Other Resources

##### National Suicide Prevention Lifeline

24-hour crisis line  
800-273-TALK (8255)

##### National Mental Health Consumers' Self-Help Clearinghouse

Phone: 800-553-4539  
[www.mhselfhelp.org](http://www.mhselfhelp.org)

##### SAMHSA Resource Center to Address Discrimination and Stigma (ADS Center)

Phone: 800-540-0320  
[www.stopstigma.samhsa.gov](http://www.stopstigma.samhsa.gov)

#### Other Brochures

For pamphlets on a variety of mental health topics, call 800-969-6642, visit [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net) or e-mail [publicationsales@mentalhealthamerica.net](mailto:publicationsales@mentalhealthamerica.net).

#### Donations

Make a tax-deductible contribution to Mental Health America online at [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net) or call us at 703-838-7533. CFC #10564.

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## About Mental Health America

Mental Health America (formerly the National Mental Health Association) is the country's leading nonprofit dedicated to helping ALL people live mentally healthier lives. With our more than 320 affiliates nationwide, we represent a growing movement of Americans who promote mental wellness for the health and well-being of the nation—every day and in times of crisis.

*Compliments of..*



## Stigma

### Building Awareness and Understanding



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**M**ental illness can strike anyone! It knows no age limits, economic status, race, creed or color. During the course of a year, more than 57 million Americans are affected by one or more mental disorders.

Medical science has made incredible progress over the last century in helping us understand, cure and eliminate the causes of many diseases, including mental illnesses. But, although doctors continue to solve some of the mysteries of the brain, many of its functions remain a puzzle. Even at the leading research centers, no one fully understands how the brain works or why it malfunctions.

However, researchers have determined that many mental illnesses are probably the result of chemical imbalances in the brain. These imbalances may be inherited, or may develop because of excessive stress or substance abuse.

It is sometimes easy to forget that the brain, like all of our organs, is vulnerable to disease.

People with mental illnesses often exhibit many types of behaviors, such as extreme sadness and irritability. In severe cases, they may also suffer from hallucinations and total withdrawal. Instead of receiving compassion and acceptance, people with mental illnesses may experience hostility, discrimination and stigma.

## What is a mental illness?

A mental illness is a disease that causes mild to severe disturbance in thinking, perception and behavior. If these disturbances significantly impair a person's ability to cope with life's ordinary demands and routines, then he or she should immediately seek proper treatment with a mental health professional. With the care and treatment, a person can recover and resume normal activities.

Many mental illnesses are believed to have biological causes, just like cancer, diabetes and heart disease, but some mental disorders are caused by a person's environment and experiences.

## The five major categories of mental illness:

- **Anxiety Disorders**  
Anxiety disorders are the most common mental illnesses. The three main types are: phobias, panic disorder and obsessive-compulsive disorder. People who suffer from phobias experience

extreme fear or dread of a particular object or situation. Panic disorder involves sudden, intense feelings of terror for no apparent reason and symptoms similar to a heart attack. People with obsessive-compulsive disorder try to cope with anxiety by repeating words or phrases, or by engaging in repetitive, ritualistic behavior such as constant hand washing. Other anxiety disorders include post-traumatic stress disorder (PTSD) and generalized anxiety disorder.

- **Mood Disorders**  
Mood disorders include depression and bipolar disorder. Symptoms may include mood swings such as extreme sadness or elation, sleep and eating disturbances, and changes in activity and energy levels. Suicide may be a risk with these disorders.

- **Schizophrenia**  
Schizophrenia is a serious disorder that affects how a person thinks, feels and acts. Schizophrenia is believed to be caused by chemical imbalances in the brain that produce a variety of symptoms, including hallucinations, delusions, withdrawal, incoherent speech and impaired reasoning.

- **Dementias**  
This group of disorders includes such diseases as Alzheimer's, which leads to loss of mental functions, including memory loss and a decline in intellectual and physical abilities.

## Recovery is possible.

With proper assistance and treatment, symptoms can be reduced or eliminated. By mobilizing personal strengths, learning good self-care skills, and obtaining appropriate professional services, people are able to overcome the impairments caused by mental illnesses.

- **Eating Disorders**  
Anorexia nervosa and bulimia are serious, potentially life-threatening illnesses. People with these disorders have a preoccupation with food and an irrational fear of being fat. Anorexia is self-starvation whereas bulimia involves cycles of bingeing (consuming large quantities of food) and purging (self-inducing vomiting or abusing laxatives). Behavior may also include excessive exercise.

## Common misconceptions about mental illnesses

**MYTH:** "Young people and children don't suffer from mental health problems."

**FACT:** It is estimated that one in 10 young people in America may suffer from a mental health disorder that severely disrupts their ability to function at home, in school or in their community.

**MYTH:** "People who need psychiatric care should be locked away in institutions."

**FACT:** Today, most people who have mental illnesses can lead productive lives within their communities thanks to a variety of supports, programs and/or medications.

**MYTH:** "A person who has a mental illness can never be normal."

**FACT:** People with mental illnesses can recover and resume normal activities. For example, Mike Wallace, a journalist and former correspondent for "60 Minutes," who has clinical depression, has received treatment, and today leads an enriched and accomplished life.

