

Fact check

Common Mental Health Misconceptions

We have fact checked five common misconceptions about mental health that may be held by people.

Common misconception

There's only one way to get help and it might not work

My mental health problems are my own fault.

If I seek help, people will know I have a mental health problem.

I will always have this condition.

People living with a mental health problem put others at risk.

Fact checked

A wide variety of treatment options are available, including many through the NHS.

Anyone can experience mental ill health – in fact, one in four Londoners are affected each year.

Conversations between you, your GP and other healthcare professionals are always confidential.

The majority of people make a full recovery from mental illness.

The most common mental health conditions have no significant links to challenging behaviour

Treatments include talking therapies, medication, self-help and peer support.

Mental health concerns, such as anxiety and stress, are often triggered by life events..

If you'd rather not talk to your GP, helplines (e.g. Samaritans and Shout) can be a great source of support.

Even if you don't recover fully, your treatment should help you to live with your condition.

Lifestyle factors, such as drug and alcohol misuse, can be the cause of challenging behaviours.

If a particular treatment doesn't work, it might mean it's not right for you – try something else instead.

Being kind to yourself is critical for boosting your mental health.

Your employer must do all they reasonably can to support your mental health as part of their duty of care

Good relationships, satisfying work and the right home environment can help with recovery.

The more you talk openly about your mental health, the better understanding other people will have.

Evidence from the NHS & mental health charities