



# Mental health matters

Know the difference between fact and fiction.

## Myth

Mental health problems don't affect me.

## Fact

**Mental health problems are actually very common.** Annually, about:

- One in five American adults experience a mental health issue.
- One in 10 young people experience a period of major depression.
- One in 25 Americans lived with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression.

Children don't experience mental health problems.

**Even very young children may show early warning signs of mental health concerns.**

These mental health problems are often clinically diagnosable, and can be a product of the interaction of biological, psychological, and social factors. Half of all mental health disorders show first signs before a person turns 14 years old, and three quarters of mental health disorders begin before age 24.

People with mental health problems are violent and unpredictable.

**The vast majority of people with mental health problems are no more likely to be violent than anyone else.**

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.

People with mental health needs, even those who manage their mental illness, cannot tolerate the stress of holding down a job.

**People with mental health problems are just as productive as other employees.**

Employers who hire people with mental health problems report good attendance and punctuality as well as motivation, good work, and job tenure on par with or greater than other employees.

Once someone develops mental health problems, he or she will never recover.

**People with mental health problems can get better and many recover completely.**

Recovery refers to the process in which people are able to live, work, learn, and participate fully in their communities. There are more treatments, services, and community support systems than ever before, and they work.

If you are in crisis or thinking about suicide, or if someone you know is currently in danger, please call 911 immediately. For non-emergencies, call your program for helpful resources.



Employee Assistance Program  
**1-800-327-0638**

Source: MentalHealth.gov