

## When It Hurts To Tell The Truth

People afflicted with mental illness often feel ashamed of themselves. Many people lack the understanding that mental illness is a disease like cancer or heart disease. Mental illness is not the fault of the person experiencing the emotional pain yet society often treats people as if they are responsible. The stigma associated with psychological problems often prevents people from seeking help that could dramatically improve their well being.

Education is the only way people can overcome stereotypes associated with mental illness. The goal of this article is to educate and help eliminate myths that surround mental illness. Let us take a look at some of the widely held views people have about mental health disorders.

### **A mental illness means you're crazy.**

The truth is a mental illness is a disease. Using such terms as “crazy” or “psycho” only serve to cause pain and perpetuate ignorance. Mental illnesses are common and can be devastating to the person. Words that hurt can only cause more pain to the person.

### **People with mental illness can pull themselves out of it.**

Mental illness is not caused by a feeble character and is not a personal weakness. It is not something that can be cured with personal strength. Dealing with mental health issues requires proper treatment by a mental health specialist.

### **People with a mental illness will always be ill.**

Mental illness can be a life long condition for some people much like diabetes. As with any disease proper treatment enables many people with mental illness to lead fulfilling lives.

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

This statement is not true. The media spends much of its attention on covering violent situations that violence by people with mental illness appears to be more common than it really is. In fact people suffering from a mental illness are more likely to be victims of violence than its cause.

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

Millions of children are affected by mental health illness. Depression, anxiety and other forms of mental illness should be treated immediately as symptoms present themselves. Learn to recognize warning signs (prolonged depression, inability to cope, mood swings, anger) because prompt treatment of mental illness for children is essential.

**Mental illnesses can't affect me.**

A mental illness can affect anyone, at any time, through no fault of their own. It strikes people of all ages, races and economic backgrounds whether or not there is a history of mental illness.

People with mental illness need your understanding and compassion. The suffering that these people endure can only be increased by people who criticize, judge and provide faulty advice for the person.