



MUNICIPALITY *of the*
COUNTY *of* KINGS

Everyday Accessibility: Mental Health Myths & Realities

5 Common Misconceptions about Mental Health

1. Myth: Mental health is the same as mental illness.
Reality: Mental health is someone's general state of wellbeing and exists on a continuum of well to ill. Mental illness is a health condition that involves changes in someone's thoughts, emotions, or behaviors (or some combinations of those).
2. Myth: Mental illness is obvious.
Reality: Mental illness is often invisible, especially in situations where people have support to manage their symptoms. But even in new or untreated mental illness, many people are good at hiding their symptoms (often due to stigma related to their illness, or stigma that the individual believes about themselves).
3. Myth: People who have a mental illness are violent:
Reality: Mental illness alone does not predict violence, and actually people with a mental illness are more likely to be the victim of a crime.
4. Myth: People with mental illness do not make good employees.
Reality: People with mental illness can be excellent employees. Like anyone with a chronic health condition, people with mental illness have good and bad days and manage accordingly. With the right support, and possible accommodation people with mental illness can excel in meaningful employment.
5. Myth: Mental illness is a lifelong condition.
Reality: Mental illness can be treated, and it is possible, depending on the illness, to recover. Recovery can look different depending on the individual. Recovery could be the resolution of the illness or it could be a strategy for managing the illness. With mental illnesses that require lifelong management, again with the right support, people can have a high quality of life and enjoy family, relationships, education, and work.

Links

The links below can help you understand more about the realities of mental health and mental illness and include tools, resources and support.

[Mental Health Commission of Canada](#)

[Mental Health and Addictions Nova Scotia](#)

For more information on accessibility in Kings County contact
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