

# The Greatest Myths of Mental Health



## Myth

## Reality

Mental health is only important when you're struggling.



Working on your mental health isn't about fixing something broken. It's about strengthening what's already there.

*You don't wait for your teeth to fall out before you brush them.*

Therapy is for people with serious problems.



Therapy can help anyone reflect, grow, and cope with everyday stress.

*Just like a coach helps athletes get better, a therapist helps you deal with life, not just crisis.*

I'm just stressed – that's normal.



Chronic stress might feel normal, but it takes a toll over time.

*Like driving with the handbrake on – you can, but you'll burn out your engine eventually.*

Talking about your feelings is a sign of weakness.



Talking is how we make sense of things. It's human, not weak.

*You'd never call someone "weak" for going to the gym. Why not the same for the mind?*

Other people have it worse – I shouldn't complain.



Your struggles matter, even if someone else has it harder.

*You wouldn't skip taking a painkiller just because someone else has a broken leg.*

Once you're mentally 'ill,' you're broken forever.



Mental health fluctuates. Most people recover and grow stronger.

*Like a sprained ankle – it might take time, but healing is part of being human.*