

# FACT *vs* FICTION

## The Truth About Mental Illness

### MYTH

Mental illness is a sign of weakness.



### TRUTH

A mental illness is not caused by personal weakness – nor can it be cured by positive thinking or willpower. Proper treatment is needed.

### MYTH

People with a mental illness will never get better.



### TRUTH

People diagnosed with mental illnesses can get better. Proper treatment enables people with mental illness to lead active, productive lives. Help is available!

### MYTH

“Mental illness can’t affect me!”



### TRUTH

Mental illnesses do not discriminate – they can affect anyone. One in five Americans have experienced a mental health issue.

### MYTH

People with mental health problems can snap out of it if they try hard enough.



### TRUTH

Mental health problems have nothing to do with being lazy or weak and many people need help to get better.

**It is common, treatable, and help is available!**

**PEBB** has partnered with Cascade Centers, Inc. to provide you with:

**WholeLife Scale** a new tool to improve the way you feel.

Click [here](#) to get started

*Participate by July 25, 2016, and you can use this activity as BOTH of your HEM Health Actions*