

MYTH OR REALITY

Mental health is a crucial topic that affects everyone, but it is often surrounded by misconceptions and misunderstandings. These cards are designed to spark valuable insights and challenge those misconceptions. Engaging in thoughtful discussions and reflecting on common mental health myths will help you become more informed and compassionate.

How to Play:

Solo

Pick a card from the pile and decide if the statement is a myth or a fact. After sorting all the cards into the “Myth” or “Fact” categories, use the answer key to check your answers and learn more about each statement. Reflect on what you’ve learned and how it impacts your understanding of mental health.

In Teams

Divide into teams. Take turns drawing a card, reading the statement aloud, and discussing whether it’s a myth or a fact with your team. Use the answer key to review your answers and discuss any new insights. Share what you’ve learned and how it influences your understanding of mental health.

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If a person has a mental disorder, it means they have low intelligence.

MYTH OR REALITY

1

Mental disorders, like physical illness, can affect anyone, regardless of intelligence or social class.

MYTH OR REALITY

4

You only need to take care of your mental health if you have a mental disorder.

MYTH OR REALITY

6

Everyone can benefit from taking active steps to promote well-being and improve their mental health.

MYTH OR REALITY

10

Mood swings are common among teenagers, but they can also experience real mental health challenges.

MYTH OR REALITY

7

Teenagers can't have serious mental health issues. It's just hormones or attention-seeking.

MYTH OR REALITY

2

Nothing can be done to protect people from developing mental disorders.

MYTH OR REALITY

20

Strong social skills, supportive relationships, and a positive environment can help protect mental health.

MYTH OR REALITY

3

A mental health disorder is a sign of weakness; if the person were stronger, they would not have it.

MYTH OR Reality

5

Anyone can develop a mental disorder.

MYTH OR Reality

23

Adolescents who get good grades and have many friends are unlikely to develop depression because they have no reason for that.

MYTH OR Reality

32

Depression can affect anyone, regardless of their achievements, social status, or how good their life appears.

MYTH OR Reality

18

Bad parenting always causes mental disorders in adolescents.

MYTH OR Reality

21

Solely parenting can’t be blamed for mental disorders development.

MYTH OR Reality

12

Mental disorders are rare.

MYTH OR Reality

24

Mental disorders are widespread.

MYTH OR Reality

8

If you try harder, you can make your symptoms go away.

MYTH OR REALITY

11

Mental health disorders can't be overcome by willpower alone.

MYTH OR REALITY

22

Everyone who has a mental disorder needs medication to manage the symptoms.

MYTH OR REALITY

9

Some people with mental disorders don't need medicine to manage their symptoms.

MYTH OR REALITY

17

People living with mental disorders are more likely to be violent or commit crimes.

MYTH OR REALITY

27

Most individuals with mental disorders are not violent and are more likely to be victims of crime than offenders.

MYTH OR REALITY

15

Individuals who experience mental disorders will never recover.

MYTH OR REALITY

30

People can and do recover from mental disorders.

MYTH OR REALITY

25

Person with mental disorder can't lead fulfilling life.

MYTH OR REALITY

13

Many individuals with mental disorder can lead meaningful, productive lives.

MYTH OR REALITY

28

There's nothing I can do to help someone with a mental disorder.

MYTH OR REALITY

26

Everyone can help by understanding and supporting people living with mental disorders.

MYTH OR REALITY

16

Mental disorders are just an excuse for poor behavior.

MYTH OR REALITY

31

People with mental disorders may sometimes act in unexpected ways, but they do not choose to have these conditions.

MYTH OR REALITY

29

People who have mental disorders can't work.

MYTH OR REALITY

19

Mental disorders don't necessarily mean that someone is no longer capable of working.

MYTH OR REALITY

14



MYTH

REALITY

MYTH

1, 2, 5, 6, 9, 11, 13, 19, 20, 21, 24, 26, 27, 30, 31,32

REALITY

3, 4, 7, 8, 10, 12, 14, 15, 16, 17, 18, 22, 23, 25, 28, 29

Card Box 7.8×1.8×11.8 cm

Cura te ipsum

MYTH OR REALITY

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STRATEGIZE YOU(r)TH
Journey To Wellbeing

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