



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.



1

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



4

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



6

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



10

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



7

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



2

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



20

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



3

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



5

Anyone can develop a mental disorder.



23

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



32

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



18

Bad parenting always causes mental disorders in adolescents.



21

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



12

Mental disorders are rare.



24

Mental disorders are widespread.



8

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



11

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



22

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



9

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



17

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



27

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



15

Individuals who experience mental disorders will never recover.



30

People can and do recover from mental disorders.



25

Person with mental disorder can't lead fulfilling life.



13

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



28

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



26

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



16

Mental disorders are just an excuse for poor behavior.



31

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



29

People who have mental disorders can't work.



19

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



14



MYTH



REALITY



MYTH

1, 5, 6, 7, 9, 11, 13, 19,
20, 21, 24, 26, 27, 30,
31,32

REALITY

2, 3, 4, 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



These cards have been developed within the scope of the Erasmus+ project "StrategizeYou(r)thJourneytoWellbeing".

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STRATEGIZE YOU(r)TH
Journey To Wellbeing



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