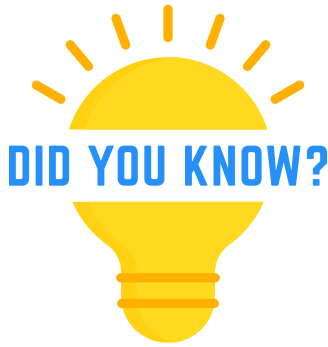


COMMON MISCONCEPTIONS ABOUT

MENTAL HEALTH



MENTAL HEALTH IS AN ESSENTIAL ASPECT OF OVERALL WELL-BEING, YET IT OFTEN REMAINS MISUNDERSTOOD

PEOPLE WITH MENTAL HEALTH DISORDERS CAN'T WORK OR LEAD SUCCESSFUL LIVES

This misconception perpetuates stigma and discrimination against individuals with mental health issues. In reality, many people with mental health disorders are highly capable and lead fulfilling lives, including successful careers and relationships.

YOU CAN JUST "SNAP OUT OF IT"

Many people mistakenly believe that individuals with mental health disorders can simply overcome their struggles through willpower or positive thinking. However, mental health issues often require professional treatment, support, and understanding.

YOU CAN'T PREVENT MENTAL HEALTH DISORDERS

While not all mental health issues can be prevented, there are steps individuals can take to promote their mental well-being. This includes practicing self-care, maintaining healthy relationships, managing stress, and seeking professional help when needed.

MENTAL HEALTH ISSUES ARE RARE

One of the most pervasive misconceptions is that mental health problems are uncommon. In reality, mental health disorders affect millions of people worldwide, regardless of age, gender, or socioeconomic status.

If you have any questions or would like to know more, we are here to help! Illuminate Minds is your Employee Assistance Program (EAP) provider and offer free and confidential counselling services both in person or over the phone. Feel free to give one of our friendly team members a call on (08) 6118 2684 to book an appointment.

