Quiz Answers
Myths & Facts
True or False?
True or False?

There's no hope for people with mental illnesses.
Fact: There are more treatments, services, and community support systems than ever before, and more are in the works. People with mental illnesses lead active, productive lives.
True or False?

I can't do anything for a person with mental illness.
Fact: You can do a lot, starting with how you act and speak. You can create an environment that builds on people's strengths and promotes understanding. For example:

Don't label people with words like "crazy," "wacko," or "loony" or define them by their diagnosis. Instead of saying someone is "a schizophrenic," say he or she "has schizophrenia." Don't say "a schizophrenic person," say "a person with schizophrenia." This is called "people-first" language, and it's important to make a distinction between the person and the illness.
True or False?

People with mental illnesses are violent and unpredictable.
Fact: Actually, the vast majority of people with mental health conditions are no more violent than anyone else. People with mental illnesses are much more likely to be the victims of crime. You probably know someone with a mental illness and don't even realize it.
True or False?

Mental illnesses don't affect me.
Fact: Mental illnesses are surprisingly common; they affect almost every family in America. Mental illnesses do not discriminate—they can affect anyone.
True or False?

Mental illness is the same as mental retardation.
Fact: These are different conditions. Mental retardation is characterized by limitations in intellectual functioning and difficulties with certain daily living skills. In contrast, people with mental illnesses—health conditions that cause changes in a person's thinking, mood, and behavior—have varied intellectual functioning, just like the general population.
True or False?

Mental illnesses are brought on by a weakness of character.
Fact: Mental illnesses are a product of the interaction of biological, psychological, and social factors. Social influences, like the loss of a loved one or a job, can also contribute to the development of various mental health problems.
True or False?

Once people develop mental illnesses, they will never recover.
Fact: Studies show that most people with mental illnesses get better, and many recover completely. Recovery refers to the process in which people are able to live, work, learn, and participate fully in their communities. For some individuals, recovery is the ability to live a fulfilling and productive life. For others, recovery implies the reduction or complete remission of symptoms. Science has shown that hope plays an integral role in an individual's recovery.
True or False?

Children don't experience mental illnesses. Their actions are just products of bad parenting.
False

**Fact:** A report from the President's New Freedom Commission on Mental Health showed that in any given year five to nine percent of children experience serious emotional disturbances. Just like adult mental illnesses, these are clinically diagnosable health conditions that are a product of the interaction of biological, psychological, and social factors.
True or False

People who talk about suicide usually don’t kill themselves
False

People who are thinking about suicide usually find some way of communicating their pain to others – often by speaking indirectly about their intentions. Most suicidal people will admit to their feelings if questioned directly.
True or False

There’s really nothing you can do to help someone who’s truly suicidal
Most people who are suicidal don’t really want their lives to end – they just want the pain to end. The understanding, support, and hope that you offer can be their most important lifeline.
True or False

Discussing suicide may cause someone to consider it or make things worse
Asking someone if they’re suicidal will never give them an idea that they haven’t thought about already. Most suicidal people are truthful and relieved when questioned about their feelings and intentions. Doing so can be the first step in helping them to choose to live.
True or False?

People with mental illness have hopes and dreams and they are regular people like you and me; people who – through no fault of their own – just got sick.
True!!!
References:
