



# STOP STIGMA & START SUPPORTING

#STOPSTIGMASTARTSUPPORTING



**LWA Student-Led Health Initiative: High schools students spreading awareness about health issues and empowering peers to make healthier choices.**

# TRUTH vs MYTH

**MYTH:** Children don't experience mental health problems.

**FACT:** Even young children can show early signs of mental health disorders. Half of all cases begin by age 14.

**MYTH:** Personality weakness or character flaws cause mental health problems. People with mental health problems can snap out of it if they try hard enough.

**FACT:** Mental health programs have nothing to do with being lazy or weak. Less than 20% of children and adolescents receive the necessary treatment.

**Many factors contribute to mental health problems, including:**

- ▶ Biological factors (i.e. genetics, family history, or brain chemistry)
- ▶ Life experiences (i.e. trauma)
- ▶ People with mental health problems can get better and many recover completely.