

Raise hands for voting, A PERSON IS NOT THEIR MENTAL ILLNESS

Establish a mission statement/purpose for this year's 2017-18 team

Myth #1: **Tommy:** If you share your feelings instead of bottling them up it makes you

-Weaker, Stronger, Braver **Laura**

Mental health problems are not a sign of weakness just a broken leg is not. They are a common part of human experience and can happen to anyone from any walk of life. Many high profile, successful and inspirational people have experienced mental ill health and many people gain strength from the experience. Mental health disorders can be isolating. If the person doesn't feel comfortable talking to you, encourage them to talk with their family doctor or a trusted confidant.

Myth #2: Mental diseases are not a common thing. It affects: **Emma P**

-43 million adults per year, 10 million people per year, 25 million: **Ryan**

Mental health problems are common and it's likely you will know someone who has experienced them. 1 in 4 people will experience a mental health problem in their lifetime. 20 percent of women will experience an episode of major depression in their lifetime. The National Alliance on Mental Health reports almost 43 million adults in 2016 live with some kind of mental illness.

Myth #3: Mental illness: **Hailey**

-is not real, is all in your head, can be influenced by environment **Bethany**

While a child's home environment and relationships with his parents can exacerbate a psychiatric disorder, these things don't cause the disorder. Things like anxiety, depression, autism and learning disorders are thought to have biological causes. Parenting isn't to blame. But parents play a central role by providing support and care that is crucial to their child's recovery.

Myth #4: If you see a depressing social media post you should: **Kyra**

-ignore, reach out, contact an adult **Allie**

-It is always better to try to reach out than to ignore a post if it causes concern for that person or others. Sometimes people post things looking for support or to educate. If so, you can just message back and say, you're very brave for posting that. If it's a close friend and you are comfortable reaching out, try not to give advice necessarily but just share your own experience or listen. It's better to call, text, or see them in person. If it's a person you don't know so well, you can say things like, "I'm sorry this has been rough for you." A lot of people want to suggest therapy or automatically tell an adult when they see things like that, but it is not appropriate if you don't know the person really well. If the post suggests the person is going to harm themselves or others, then you should consider contacting law enforcement.

Myth #5: Mental health is just as important as:

-physical health, spiritual health, nutritional health, all of above. **Cassidy**

If you had a cold, you might decide to power through your workday. But if you had the flu, you'd likely need to stay home and rest — and no one would call you "weak" for getting the flu. In fact, your co-workers would likely thank you for not coming into the office when you're sick. Mental health rarely gets the same respect. Instead, people are told to "get over it" when they're struggling with anxiety, depression, or similar issues. But mental health is part of your overall health. If you don't proactively address it, you won't be able to perform at your best.

Myth #6: People with mental health issues are more susceptible to gun violence: **Mariya**

-True, False **Lily**

-Having a mental health condition does not make a person more likely to be violent or dangerous. The truth is, living with a mental health condition makes you more likely to be a victim of violence, four times the rate of the general public. Studies have shown that 1 in 4 individuals living with a mental health condition will experience some form of violence in any given year. One can't just invoke mental illness after the fact because the shooting is itself so horrific as to defy any common sense understanding.

Myth #7: Mental illness is permanent: **Jayde**

-True, False **Ava**

-Studies show that people with mental health problems 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. There are more treatments, services, and community support systems than ever before, and they work. In addition, some people have depressive states, PTSD, or even seasonal depression affected by the weather. These are no less severe or less important even though they are maybe shorter term.