

Mental Health Problems Affect Everyone

Why are we concerned about mental health problems?

In 2014, about one in five American adults experienced a mental health issue. Mental health problems affect everyone, but there are many myths that keep people from getting the help they need. You can learn the facts about mental health and create a healthier community for all.

Why do some people develop mental health problems?

Mental health problems have nothing to do with being lazy or weak. Many factors contribute to mental health problems including physical injury or illness, life experiences (such as trauma or a history of abuse), or a family history of mental health problems.



Is it possible to recover from mental health problems?

Many people with mental health illness get better and recover completely. There are more treatments, services, and community support systems than ever before and with these services, people recover so they can live, work, learn, and participate fully in their communities.

How can I help a person with a mental health problem?

Friends and family can make a big difference! Remember to:

- Reach out and let them know you are available to help
- Learn and share the facts about mental health, especially if you hear something that isn't true
- Treat them with respect, just as you would anyone else

For help finding mental health services: call MHA (434) 977-4673



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