



Stop the Stigma

Surrounding Mental Health and Substance Use Disorder

The End Stigma Subcommittee is a subcommittee of the Mashpee Substance Use Task Force, our goal is to educate the community on the facts about Mental Health and Substance Use Disorder

MYTHS AND FACTS

Myth: Mental Health Issues can't affect me.

Fact: Mental health issues can affect anyone. In 2020, about:

- One in 5 American adults experienced a mental health condition in a given year
- One in 6 young people have experienced a major depressive episode
- One in 20 Americans have lived with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression

Myth: Mental health issues are a result of personality weakness or character flaws and people can “snap out of it” if they try hard enough.

Fact: Mental health conditions have nothing to do with being lazy or weak and many people need help to get better.

Many factors contribute to mental health conditions, including:

- Biological factors, such as genes, physical illness, injury, or brain chemistry
- Life experiences, such as trauma or a history of abuse
- Family history of mental health conditions

People with mental health conditions can get better and many seek recovery support.

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Start the Conversation:

Notice when someone might need to talk and reach out, it could be a life-saving gesture.

*It seems like you are going through a difficult time, is there anything I can do to help?

*I want to be here for you. Do you want to talk about it?

Asking for help is part of life, make your mental health as important as your physical health.

**If you are in crisis or experiencing a life-threatening emergency, call 911.
Suicide Prevention Lifeline: call or text 988**