

Myth

Mental health problems are something not everyone face.

Common as
colds, they're
everywhere.

Fact

Myth

Young minds
claim "mind
sick" to skip
a dare.

Young minds,
still forming,
need more care.

Fact

Myth

"Mind talk" is
just hot air.

It's a bridge to
healing, opening
paths to repair.

Fact

Myth

Deciding to
be happy can
end despair.

Healing takes
time, beyond
just willpower.

Fact

Myth

Weak spirit,
weak mind,
life's unfair.

Strength is
seeking help,
anywhere.

Fact

Myth

All you need
is a pill;
spare the affair.

Mix it up - talk,
meds, self-care.

Fact

Myth

Can't work or
learn if your
mind's in
a knot.

The right help
can untie any
tough spot.

Fact

Myth

Past pain
drives one to
a nightmare.

It's complex, not
just wear and tear.

Fact

Myth

Mind struggles
mean danger;
beware.

Most seek peace,
not a scare.

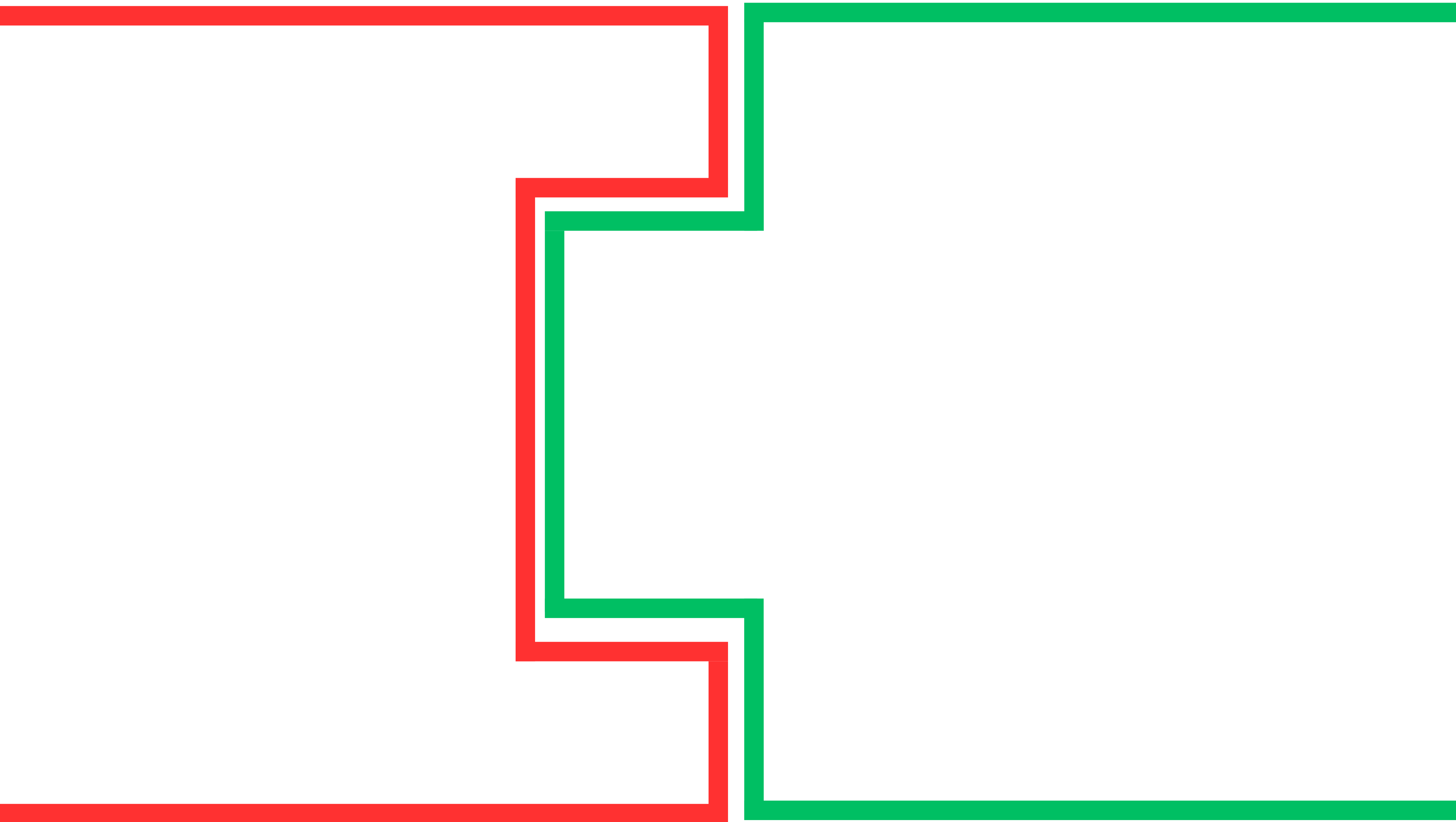
Fact

Myth

Once troubled,
always in
repair.

Many heal with
support and care

Fact



Myth

Talk of
suicide?
You'll plant the
idea there.

Asking can help
show that
you care.

Fact

Myth

Suicide talkers
just scare;
don't dare.

They need an ear
and time to share.

Fact

Myth

Suicide strikes
fast, unaware.

Look for signs;
be aware.

Fact

Myth

Saving lives is
for the
expert's flair.

A friend's word
can be the
lifesaver's chair.

Fact

Myth

Wishing for
death?
That's their
prayer.

They're seeking
relief from
despair.

Fact

Myth

Once thinking
about suicide,
always stuck
there.

Care and support
can lift one into
fresh air.

Fact

Myth

Calm after a
crisis?

All clear, no
need to fear.

Stay close; keep
the conversation
dear.

Fact

Myth

Only those with
mental illness
feel deeply
trapped.

Anyone can be
trapped;
it's not mapped.

Fact

Myth

Plans for the
end are kept
under the
layer.

Often, they'll
signal if you're
aware.

Fact

Myth

A set mind on ending, no one can repair.

Reach out and pull
back from the
despair.

Fact

