Explore the truth behind some common misconceptions about mental health — because everyone’s mental health matters.

**Top 5 myths about mental health issues**

1. **It’s rare**
   Not true — about 1 in 5 U.S. adults experience mental illness. And 1 in 25 experience severe mental illness.¹

2. **It’s always obvious**
   Common symptoms can be subtle and may include things like trouble concentrating, feeling tired, withdrawing from friends, family or favorite activities, sleep issues, drug or alcohol use, anger or violence issues, among others.²

3. **It’s not really a problem**
   Mental health issues are prevalent across the globe: 1 in 5 youths has a mental disorder and 264 million people live with depression, which is the leading cause of disability globally.³
It’s nowhere near me
Myth, busted: Disorders occur across groups: 20% of white adults; 16% of black adults; 15% of Asian adults; 17% of Hispanic or Latin, 27% mixed/multiracial; 37% of lesbian, gay and bisexual adults.¹

There’s not much you can do
Not so fast: Treatment can help and may include medications, psychotherapy (“talk therapy”) or a combination of both based on an individual’s needs. For more information, talk with a mental health professional or your regular doctor.⁴ ⁵

Sources:

For more information about mental health and to access your benefits, visit: cx.optum.com/mentalhealthmonth

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