



Because my
mental health
is so important

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

4

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

5

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:

1. National Alliance on Mental Illness. Mental Health by the Numbers. <https://nami.org/Learn-More/Mental-Health-By-the-Numbers>. Accessed March 26, 2021.
2. National Alliance on Mental Illness. Warning Signs and Symptoms. <https://nami.org/About-Mental-Illness/Warning-Signs-and-Symptoms>. Accessed March 26, 2021.
3. World Health Organization. Mental Health. <https://nami.org/Learn-More/Mental-Health-By-the-Numbers>. Accessed March 26, 2021.
4. National Alliance on Mental Illness. Psychotherapy. <https://nami.org/About-Mental-Illness/Treatments/Psychotherapy>. Accessed March 26, 2021.
5. National Alliance on Mental Illness. Mental Health Medications. <https://nami.org/About-Mental-Illness/Treatments/Mental-Health-Medications>. Accessed March 26, 2021.

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



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