

MYTHS

People with mental illnesses are permanently doomed.

Only crazy people approach mental health professionals.

Being physically fit automatically makes me immune to mental health issues.

Crying is a sign of weakness.

Painful feelings are a result of bad attitude.

Negative emotions are bad and should be suppressed.

Taking psychotropic pills will cause more harm to me and make me dependent.

FACTS

Majority of the people with mental disorders get cured and live a normal life.

Like any other field of medicine, mental health professionals are qualified people who provide assistance for mild to severe distress related to state of mind.

While physical fitness plays a role in improving one's state of mind, it cannot make one immune to mental health issues as there are a number of triggers that could lead to such issues.

Crying is a natural healing mechanism of our body. You laugh when you are happy and similarly you cry when you feel bad or sad.

People find it easier to express anger instead of sadness when they are in pain. It is not necessarily attitude.

Negative emotions, at times, empower us and lead to action in difficult situations. Thus, it is a healthy approach to accept both our positive as well as negative emotions and learn how to manage them.

Psychotropic pills are just like any other medicines in the medical field. Taking medications as per the psychiatrist's advice and providing feedback for the same, is an integral part of treatment. It will not lead to dependence. Treatment has to be supervised.