

sample page about mental health for young people
& Us*
Positive

sample page about mental health for young people
& Us*
Mental

Myth/Fact?
Exercise reduces mental health issues.

Myth/Fact?
People with mental health problems never get better.

Myth/Fact?
People with mental health problems are violent

Myth/Fact?
Mental health disorders can result in other health issues.

Being & Us*
 The voice of children, young people and families

We & Us*
 The voice of children, young people and families

Myth/Fact?
Talking about your feelings can help you stay in good mental health.

Myth/Fact?
Mental health issues only affect a few people.

Fact, your feelings can help you feel supported and not alone.

Myth.
Fact: Mental health illness is common affecting 1 in 10 people.

Fact, as it promotes healthy mental well being

Myth.
Fact: with the right help most people recover to lead healthy lives.

Myth.
Fact: people with mental health issues are just as violent as anyone else.

Fact, as they increase bad lifestyle habits that cause other illnesses.

Myth/Fact?
Children don't experience mental health issues

Myth/Fact?
Young people find it difficult to share their mental health issues.

Myth.
Fact: Less than 20% of children and young people receive treatment for mental health issues

Fact, young people don't share their feelings because of the fear of being treated differently.



The logo for the Royal College of Paediatrics and Child Health (RCPCH). It features the letters 'RCPCH' in a bold, dark blue sans-serif font. The letter 'C' is replaced by a light blue circle containing a white silhouette of a child with arms raised in a 'V' shape.

RCPCH

Royal College of
Paediatrics and Child Health

Leading the way in Children's Health

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