

Myths & Facts about Psychosis



What is a Myth?

There are many myths about mental health problems including about psychosis. These misunderstandings can result in stereotypes (inaccurate images or beliefs about something) and stigma.

Understanding the facts can help to challenge stigma. In this booklet we give some examples of myths and provide you with facts.



Mental Health problems are rare



1 in 4 people will experience a MH problem in any given year.

People with mental health problems cannot work



Many people with mental health difficulties work. They are just as productive as other employees

People with mental health problems are violent and unpredictable



People with mental health problems are more likely to be a victim of violence

People with psychosis have a split personality



'Schizophrenia' translated means 'split mind' which has caused a lot of confusion. However it is not true that people with psychosis have separate personalities.

What is a Fact?

One of the biggest myths surrounding psychosis is that it causes people to be violent.



This message is reinforced by the media. For example: films, TV, games and the news often tell us a false, highly stigmatising story about people with psychosis.

In actual fact, the majority of violent crimes and homicides are committed by people who do not have mental health problems.

Violence is not a symptom of psychosis, and people who have received a diagnosis are far more likely to be victims of violence than the perpetrators.

Schizophrenia, S. (2018). Rethink Mental Illness. [online] Rethink.org. Available at: www.rethink.org/news-views/2013/11/five-myths-about-schizophrenia [Accessed 6 Apr. 2018].

Time To Change. (2018). Myths and Facts. [online] Available at: www.time-to-change.org.uk/youngpeople/myths-and-facts [Accessed 6 Apr. 2018].

The Only Us Campaign

Lots of media campaigns around mental health tend to use the '1 in four of us' statistic. This is one way of thinking about mental health that lots of people find helpful.



Another anti-stigma campaign is the 'only us campaign'. This argues that distinguishing between 'them' who are mentally ill and 'us' who are healthy is not always helpful.

It works on the philosophy that there is continuum, a scale along which we all slide back and forth during our lives.

It believes that separating ourselves into 'them' and 'us' is unhelpful not only for those labelled as 'sick', but for all of us.

You can read more about the Only Us campaign online @ www.talkforhealth.co.uk/the-only-us-campaign

