Mental Illness: True or False Questions

1. Mental health is defined as a constant feeling of contentment.
   False. Mental health is defined as striking a balance in all aspects of your life (social, physical, spiritual, economic, mental).

2. Mental illness is common.
   True. Mental illness is very common. One in five Canadians will experience some form of mental illness in their lifetime. We all know people affected by it.

3. Mental illness is a single disorder.
   False. Mental illness is not a single illness, but a broad classification for many disorders, including:
   - anxiety disorders (ex: Post-Traumatic Stress Disorder)
   - mood disorders (ex: Bipolar Disorder, Major Depression)
   - schizophrenia
   - eating disorders (ex: Anorexia, Bulimia)
   - personality disorders (ex: Borderline Personality)

4. Mental illness is caused by a personal weakness.
   False. A mental illness is not a character flaw. It is an illness, and it has nothing to do with being weak or lacking will-power. Although people with mental illness can play a big part in their own recovery, they did not choose to become ill, and they are not lazy because they cannot just "snap out of it."

5. People with mental illness are not more violent and dangerous than the general population.
   True. While popular media often portrays people with mental illness as violent and dangerous, the truth is that, as a group, people experiencing mental illness are no more violent than any other group. In fact, they are far more likely to be the victims of violence than to be violent themselves.

6. Mental illness can affect anyone, regardless of level of intelligence, social class or income level.
   True.

Sources: http://www.cmha.ca/bins/content_page.asp?cid=3
http://www.cmha.ca/english/info_centre/mhw/popquiz.htm