

In light of it being Mental Health awareness week, I'm sharing some information to demystify and debunk common myths around mental health and the impact of loneliness, which is this years theme and focus.

First common mental health myth is there is no 'them and us' when it comes to mental health. This categorisation feeds into stigma and the 'othering' of people with mental health difficulties and self stigma.

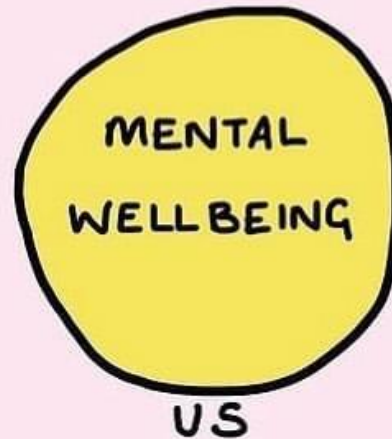
In reality, there is just us. We ALL have mental health, just like physical health, which exists on a continuum. We move up and down the continuum everyday and will be at different places on this continuum throughout our lives.

Looking after our mental health proactively can help us shift up the continuum or protect us from moving down.

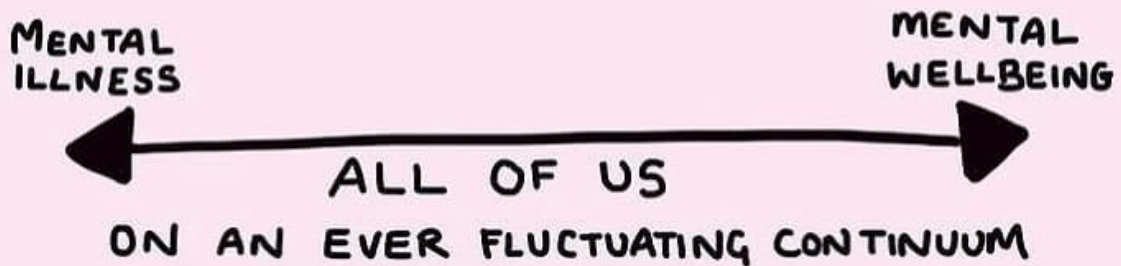
Second myth- None of us are immune to moving down the continuum, as distress is a normal part of life and it's as important to recognise the signs your mental health is suffering and when you may need to ask for support.

There should be no shame or judgement at these times, it is merely to be human. We are not machines.

## WHAT MENTAL HEALTH IS OFTEN DEFINED AS:



## WHAT MENTAL HEALTH ACTUALLY IS:



@thepsychologymum

I have also included a link below in relation to loneliness and what it means and can look like, as again, there are so many assumptions and stigma around this area too.

So let's make sure we are regularly checking in with ourselves and with each other and modelling to our young people that it is okay to not be okay! And just as importantly, that asking for help is a sign of strength and courage, not weakness or failure and a reminder that they are not alone, and neither are you.

If you are finding things tough at any point, no matter what it is, please speak to someone because often verbalising it can ease the weight of carrying it on your own.

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/loneliness-help-and-advice>



“Which is more important,” asked Big Panda, “the journey or the destination?”

“The company.” said Tiny Dragon.

#mentalhealthmatters #mentalhealthcontinuum #loneliness  
#ivebeenthere #destigmatise #alofus #youarenotalone #empathyfirst