



Sandilands Rehabilitation Centre

Closing the Curtain on

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Mental Health

Public Relations Unit

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FACT #7

PERSONS WITH MENTAL ILLNESS ARE SOMETIMES PSYCHOTIC BUT ARE NOT PSYCHOPATHS.

Psychotic persons perceive reality in a distorted way, he may see, feel and taste things that are not real and cannot be perceived by others. The Psychopathic person, on the other hand, commits antisocial acts mainly for emotional or material gain, And generally lacks a conscience.

FACT #8

MENTAL ILLNESSES CAN BE CONTROLLED NOT CURED.

Like diabetes, hypertension and some other physical illnesses, mental illnesses can be controlled with medication

FACT #9

WE CAN ALL DO SOMETHING TO HELP A MENTALLY ILL PERSON.

The Canadian Mental Health Association suggests the acronym STOP :

- Stereotyping people with mental illness (that is, assumes they are all alike rather than individuals).
- Trivializing or belittling people with mental illness and/or the illness itself.
- Offending people with mental illness by insulting them.
- Patronizing people with mental illness by treating them, as if they were not good as other people.

Unveiling The Facts About Mental Illness

FACT #1

MENTAL ILLNESSES ARE REAL MEDICAL DISORDERS.

Like heart disease and diabetes, mental illness is a legitimate medical illness. Research has shown that there are genetic and biological causes for mental illness. These illnesses can therefore be treated effectively with medication and follow-up counseling.

FACT #2

PERSONS WITH MENTAL ILLNESS HAVE AVERAGE OR ABOVE AVERAGE INTELLIGENCE.

Mental illness, like physical illness, can affect anyone regardless of intelligence, social class or income level.

FACT #3

MENTAL ILLNESS IS NOT A CHARACTER FLAW.

Mental illness 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. Persons with mental illness did not choose to become ill nor are they lazy. Their illness is not a condition that they can just “snap out of it”. Mentally ill persons cannot stop their illness, just as someone with a hearing problem cannot hear by listening harder.

FACTS #4

MENTALLY ILL PERSONS ARE USUALLY VICTIMS OF VIOLENCE INSTEAD OF BEING VIOLENT.

Statistics show that incidence of violence in people who have a mental illness is not much higher than it is in the general population. They are therefore more likely to be victims of violence as they are often more confused and frightened than violent.

FACT #5

THE MENTALLY ILL ARE NOT BAD OR EVIL.

The mentally ill has done nothing to cause the disease. However, many people are ashamed to have mental illness in their families.

FACT #6

SCHIZOPHRENIA IS OFTEN CONFUSED WITH MULTIPLE PERSONALITY DISORDER.

Schizophrenia is a brain disorder that robs people of their ability to think clearly and logically. Persons who are diagnosed as schizophrenia have symptoms ranging from social withdrawal to hallucinations and delusions. A person with Schizophrenia can lead a fulfilling and productive lives. With the help of therapy and medication.