

Mental health stigma : facts, stats and myths

	Your guess: True/False	Correct answer
Girls are more likely to be diagnosed with mental health problems than boys		
Mental health reasons are the second biggest cause of people taking sick leave from work.		
People with mental health illnesses are usually violent and unpredictable		
45% of people with mental health problems have been the victim of a crime in the past year		
Most people with mental health problems tell their family and close friends quickly that they are ill		
Over 50% of people with mental health problems will not apply for a job or higher education due to the stigma of mental health problems.		
Most mental health problems start in adulthood.		

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