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Common Myths About Mental Health

Myth	Mental health doesn't affect me.
Reality	Mental health is important regardless of gender, race, ethnicity, cultural background, or religion. Our mental health can change over time — sometimes we may be doing well, and other times we may face challenges ranging from mild to more serious concerns. In fact, it's very common to experience mental health challenges like anxiety, depression, and burnout. The start of the COVID-19 pandemic also increased the prevalence and severity of mental health concerns, and as many as 40%* of adults may experience some sort of mental health need.
Myth	Having a mental health concern is a personality flaw or sign of weakness.
Reality	Again, mental health concerns are common, and it's very likely that at some point in your life, you'll experience challenges that may lead to difficult emotional experiences. Additionally, a host of factors contribute to mental health concerns, including family history, biological factors, experiences of discrimination, and disparities in access to healthcare, income, and housing. Seeking out support and learning ways to take care of your mental health can allow you to strengthen your coping skills, build resilience, and improve your overall well-being.
Myth	People never get better if they have a mental health concern.
Reality	There are numerous effective strategies for preventing and treating mental health concerns. These include practicing mindfulness, being physically active, improving coping skills, and working with a mental health provider. People can get better.
Myth	Therapy doesn't work.
Reality	Decades of research and hundreds of studies demonstrate that therapy is effective for helping people improve their mental health. On average, 75%** of people who start therapy see a benefit.
Myth	Therapy or mental health services aren't for me.
Reality	Historically, people have thought that therapy may only be for certain people (e.g., those from Western cultures, women, highly educated, rich, white). However, people from all sorts of backgrounds can benefit from mental health care. At Modern Health, we prioritize culturally-centered care. All of our content and the services delivered by our providers are grounded in cultural humility, which is a way of acknowledging and honoring the complexity of cultural identities by relying on curiosity about the impact of someone's culture on their lived experiences, appreciating and respecting cultural differences, and prioritizing our own self-awareness and commitment to lifelong learning.
Myth	The only thing I can do if I have a mental health concern is see a psychiatrist or therapist.
Reality	Both therapists and psychiatrists can support you with evidence-based treatments for mental health concerns. That being said, there are many skills and tools that you can learn and put to use on your own to improve your mental health. In the Modern Health platform you can access evidence-based tools like mindfulness and meditations as well as courses on topics like sleep and building healthy habits that can support you in learning skills that will benefit your mental health. Additionally, you can connect with a certified coach who can support you on a range of issues that you may be interested in working on.
Myth	The only time to see a mental health provider is when my mental health is really bad.
Reality	You can take steps to care for your mental health at any time. These steps may vary based on your current level of mental health needs. With Modern Health, you can use the app to assess your current level of well-being and receive recommendations for care that fit your current needs and preferences. Being proactive about your mental health is a great strategy.
Myth	Coaching is only for professional development.
Reality	Modern Health coaches can work with you on a variety of topics. While professional development is one, our coaches, including mental health coaches, can also support you in other domains, such as financial, relationship, and physical health and issues like anxiety or low levels of motivation.
Myth	Therapy is better than coaching.
Reality	Modern Health will recommend a type of provider, either a certified coach or licensed therapist, based on your level of mental health concerns. Our peer-reviewed research shows that this model works. Our members demonstrate similar levels of meaningful improvement in their well-being when working with either a coach or a therapist.
Myth	If I see a Modern Health provider, my employer will know what we talk about.
Reality	Your sessions with your Modern Health providers are confidential (with exceptions related to mandated reporting about issues like suicidality, homicidality, or child/elder abuse). Your employer does not receive any information about what you talk about in session. Although your employer does receive data on the overall organization's use of Modern Health (e.g., engagement rates), strict privacy guidelines are followed to ensure that no individual can be identified.

*<https://www.kff.org/coronavirus-covid-19/issue-brief/the-implications-of-covid-19-for-mental-health-and-substance-use/>
**<https://www.apa.org/topics/psychotherapy/understanding>

