



What are the Biases You Hold about Mental Health?

We all have them. It's impossible to escape internalizing the biased information that surrounds us.

What are your biases?

Think about how these thoughts impact how you approach your own and others' mental health challenges.



<i>I believe persons with mental health conditions are to blame for their problems.</i>	1 Not true	2	3 Somewhat true	4	5 Very true
<i>I think persons with mental health conditions are unlikely to benefit from counseling.</i>	1 Not true	2	3 Somewhat true	4	5 Very true
<i>I often fear that someone will tell others about my mental health problems without my permission.</i>	1 Not true	2	3 Somewhat true	4	5 Very true
<i>Most people would willingly accept someone who has lived with a mental health condition as a friend.</i>	1 Not true	2	3 Somewhat true	4	5 Very true
<i>People with mental health problems are weak.</i>	1 Not true	2	3 Somewhat true	4	5 Very true
<i>People with mental health problems are a burden on society.</i>	1 Not true	2	3 Somewhat true	4	5 Very true
<i>People with mental health problems are dangerous and disruptive and should be isolated from the rest of society.</i>	1 Not true	2	3 Somewhat true	4	5 Very true