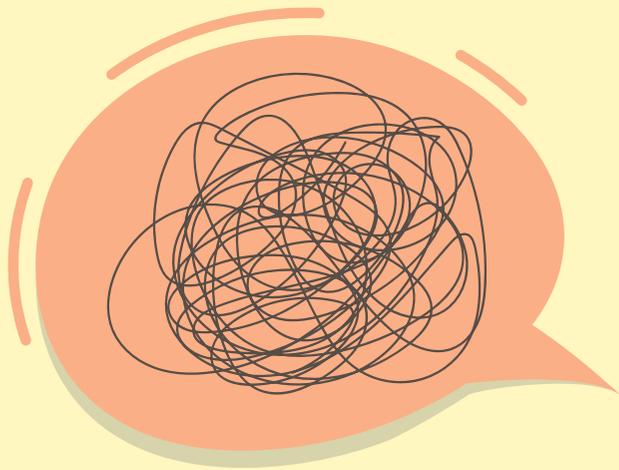


Mental health myths **busted**



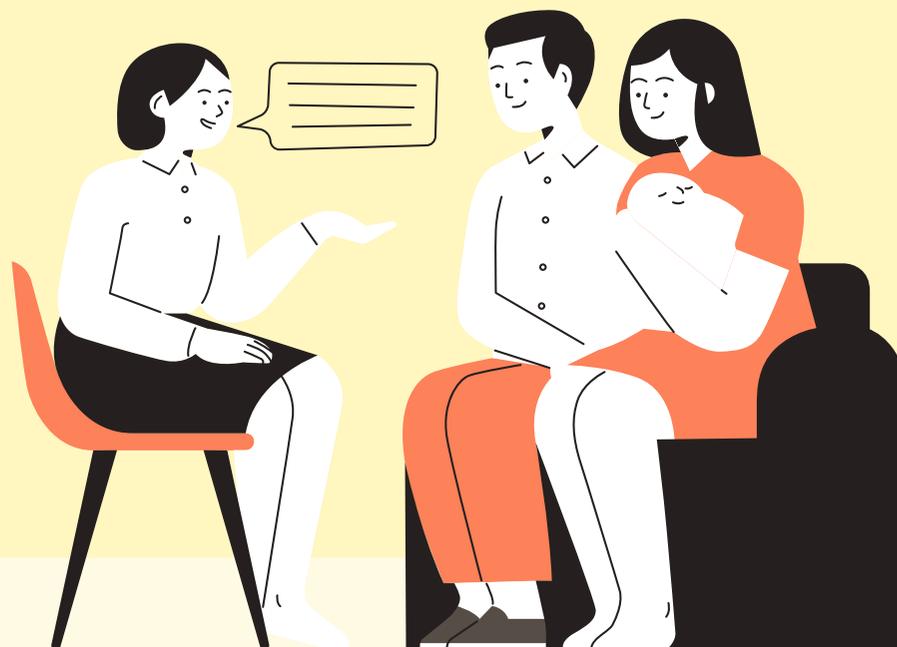


▶ MYTH

“Mental illnesses are caused due to personal weakness. People just need to pull themselves together.”

▶ BUSTED

Mental illness is not a character flaw and is caused by the complex interplay of genetic, environmental, and social factors. It can't be 'cured' just by personal strength. Professional help and authentic information are required.

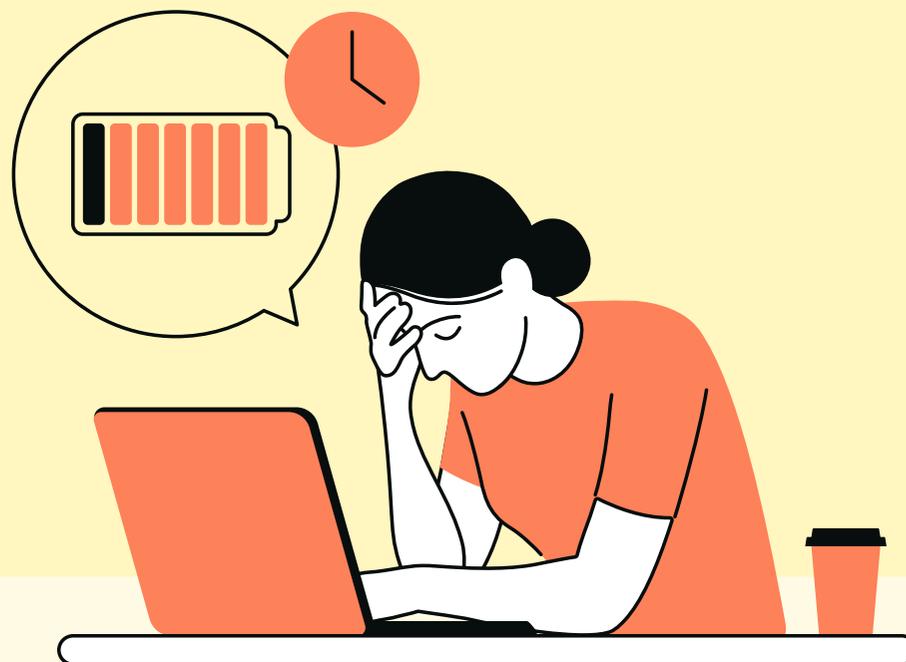


▶ MYTH

“People with mental illness cannot work or maintain a regular lifestyle.”

▶ BUSTED

Most people with mental illnesses want to work and can do a good job. However, they might need support to do so. An inclusive environment, supportive peers and access to mental health services helps.



▶ **MYTH**

“You’re the only one dealing with mental health problems.”

▶ **BUSTED**

According to an ICMR study, 1 in 7 Indians experience mental illnesses. One is not alone, there’s always someone who’ll understand and relate to mental illness.

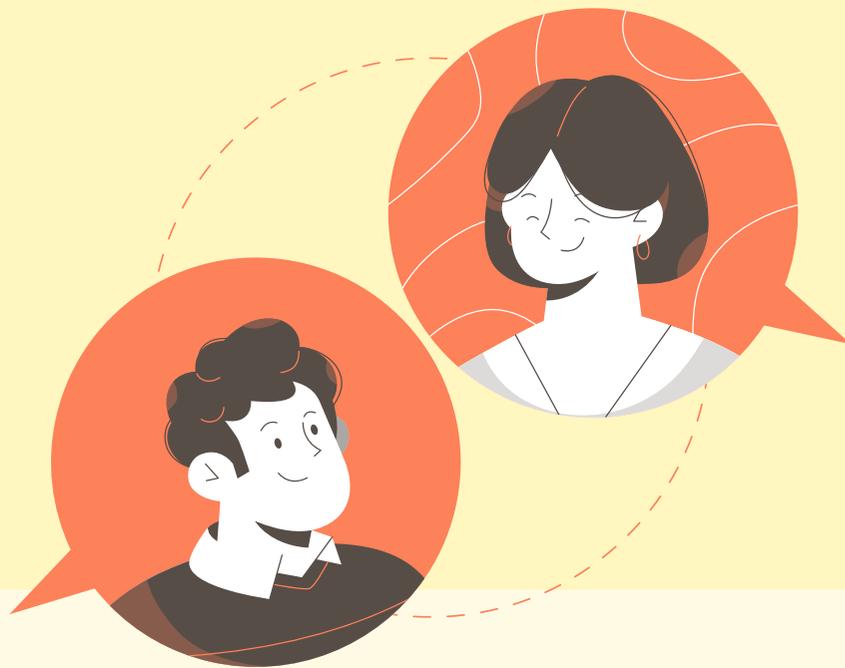


▶ **MYTH**

“You don’t need therapists when you have friends and family.”

▶ **BUSTED**

Therapy is confidential, objective, and entirely focused on the individual, unlike an informal chat with an untrained friend or family member.



▶ **MYTH**

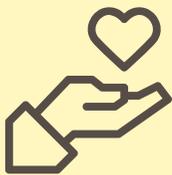
“People know where to find help.”

▶ **BUSTED**

There are not many open and stigma-free spaces for conversations about mental health.

Wellbeing on the Web (WoW) is one such space. Employees and their family members can consult counsellors and address different mental health issues for free.

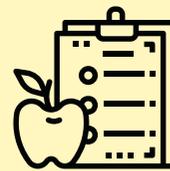
Employees can meet a range of wellbeing services with WoW.



Counsellors



Doctors



Nutritionists



Diagnostics



Pharmacy



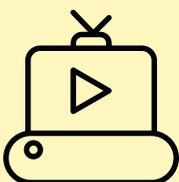
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