

## MODERN MYTHS OF MENTAL ILLNESS

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***PLEASE KEEP IN MIND AS YOU READ THESE THAT THEY ARE MYTHS!!!***

MYTH #1: Psychiatric diagnosis is scientific, helpful, and not harmful.

MYTH #2: No biases of any kind (including sexism, racism, classism, homophobia, ageism, transphobia) enter into the process of psychiatric diagnosis.

MYTH #3: Medications are the best and often the only necessary and effective interventions for treating "mental illness."

MYTH #4: "Evidence-based" approaches reduce emotional suffering.

MYTH #5: Involuntary use of psychiatric drugs; shock treatment; skin shocks; lobotomies and brain implants; solitary confinement; and physical, mechanical, and chemical restraints are not torture, as those subjected to these practices report, but are safe, effective, and benevolent treatments to help and protect people who are "mentally ill."

MYTH #6: It is important to direct people to call the police when they do not know how to respond to someone who is "mentally ill" and, when a therapist leaves work for the day, they should leave a message on their answering machine directing people who are in a "crisis" to call the police.

MYTH #7: Alternatives to the medical model of healing traumas, including intergenerational trauma, only waste taxpayers' resources.

MYTH #8: Mental illness causes gun violence (including the myth that therapists can cure or even predict violence), and putting "the mentally ill" in prisons or other locked institutions will greatly reduce gun violence.

MYTH #9: Mental illness causes suicide, and conventional mental health system approaches prevent it.

MYTH #10: Specialized courts are only and always good (includes mental health courts, drug courts, veterans' courts).

MYTH #11: There is a high cause-effect correlation between having a mental illness and being a prisoner.

MYTH #12: Trump is mentally ill. (Re: the latter, he is evil, not "mentally ill." Would we have called Hitler mentally ill? Doing that would be wrong because (1) many people consider a psychiatric diagnosis a mitigating factor, and (2) it is offensive to people who are truly suffering and have been diagnosed as mentally ill. We urge you to ask people who claim Trump is mentally ill: "How does it help us understand Trump if we call him mentally ill? What exactly do you think it illuminates about him?" We think the answer is: Nothing.