Stop the Stigma.
Here’s what you can do.

Stigma perpetuates misconceptions and false beliefs about what a mental illness really is. Mental illness is more common than diabetes, yet we still struggle with talking about it compared to a physical illness. You can stop the stigma and create positive change by learning the tips for talking to someone with a mental illness.

Visit MakeItOK.org

It is NEVER too early to start a conversation with someone who may be struggling with a mental illness.

Visit MakeItOK.org for additional resources and to learn from others. If you’re in a crisis, or need immediate help, call 911.
I'm really struggling with anxiety right now...

I'm sorry to hear that, do you want to talk about it?

I have depression and I can't seem to focus very well lately...

That must be frustrating, is there something I can do to help?

What can you say?
Complete the Conversation.

Mental illnesses are treatable health conditions.

They are not something to "get over".

Silence makes it worse.

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Join the thousands of people who have already taken the pledge and start taking action on mental health issues.

TAKE THE PLEDGE
to make it OK

By taking the pledge you will:

LEARN MORE. The more we learn about mental illnesses, the more common we realize they are.

START TALKING. The more we talk about mental illnesses, the closer we come to stopping the stigma.

PASS IT ON. Encourage others to join by taking the pledge online.

TO PLEDGE VISIT MAKEITOK.ORG

Make It OK.org