



Template Newsletter #1

Mental illnesses, let's Make it OK

Each year, one in four Americans experiences a mental illness. Most will wait an average of ten years before seeking treatment, largely due to the stigma. May is mental health awareness month, which makes it the perfect time to start talking about mental illnesses and what we can do to Make it Ok.

We are part of a local effort to change hearts and minds about the misconceptions about mental illnesses. The effort is part of a campaign called "Make It OK," and is designed to encourage people to talk more openly about mental illnesses and ask for help.

How can you help? By speaking up.

When we start talking, we realize that mental illnesses are more common and relatable than we think. And more importantly, people experiencing mental illnesses will be treated with respect, acceptance and be more apt to get the care they need.

Many of us don't know how to respond to people when they bring up their mental illness. But the answer is that it can be very similar to what you would say to those who have cancer or heart disease. For example:

- "What can I do to help?"
- "I'm here if you need me."
- "Can I drive you to an appointment?"
- "Things will get better."

Visit MakeltOk.org to learn more about the campaign to learn what you can say.

Take the pledge now!

One can help stop the silence around mental illnesses now, by taking a pledge. The pledge is linked to Facebook and Twitter accounts, and will be shared with your friends to let them know that they can talk to you when they need to. [Take the pledge, and make it ok.](#)