



## Template Newsletter #2

### **Stop the silence surrounding mental illnesses**

Mental illnesses are as common as silver cars, as people with brown eyes and more common than being left-handed. Despite being one of the most common illnesses, there is still a stigma attached to mental illnesses and many people struggle with talking about them.

Mental health is just as important as our physical health, which is why we are part of a local effort to stop the silence and the stigma. 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.

### **It’s OK to have a mental illness- many of us do**

One in four Americans from every walk of life experience a mental illness. Most people live with the symptoms of a mental illness for ten years before seeking treatment, largely due to the stigma. The sooner people get treatment, the greater their chances of recovery.

### **It’s OK because it is a medical condition – not a character flaw**

Mental illnesses are biological conditions that can be treated, just like cancer and diabetes. They cannot be overcome through “will power” and are not related to a person’s character or intelligence.

### **It’s OK because it’s treatable – life can get better**

The best treatments for serious mental illnesses today are highly effective. In fact, between 70 – 90 percent of peoples’ symptoms are reduced and feel better when following individualized treatment plans.

### **Together, we can Make It OK**

Together, we can all work to reduce the stigma. The campaign will drive people to the website where tool kits and other resources are available to help guide people on how to talk about mental health. Visit [MakeItOk.org](http://MakeItOk.org).