

What is an Ambassador?

A Make It Ok Ambassador is someone who has a passion for reducing mental health stigma in their community and state. An Ambassador does not need to be an expert on mental health but someone who enjoys connecting, engaging, educating and promoting mental health awareness. There are a variety of ways you can get involved as a Make It Ok Ambassador. Listed below are descriptions of the various types and levels. Once you have determined which type best suits your current interests and experience, click on the “type” to enroll in your free Make It Ok Ambassador training today!



- What is stigma and learn its impact
- Common diagnoses and symptoms

- Scenarios
- Practice tips for talking
- What to Say & What Not to Say

- How to help
- What you can do to “Make It OK”

TYPE	LEVEL
Individual	BEGINNER Little or no experience in speaking and/or facilitating
	EXPERIENCED Has facilitation and/or training background
Workplace/Organization	STARTER See PDF on MakeltOK.org/iowa
	INTERMEDIATE See PDF on MakeltOK.org/iowa
	FULL See PDF on MakeltOK.org/iowa