



Template Newsletter #1

Let's Make It OK to have a Mental Illness

It's OK to have a mental illness – many of us do. Nearly one in five Americans live with a mental illness. It's more common than diabetes (1 in 10) or left-handed people. Mental illnesses can affect anyone, regardless of age, gender, race, religion or income. However, because of stigma, people may delay seeking treatment or support. The sooner people get treatment, the greater their chances of recovery.

We are part of a local effort to change hearts and minds about the negative attitudes and misconceptions about mental illnesses. This effort is part of a campaign called Make It OK, which encourages starting conversations and increasing understanding about mental illnesses to help reduce the stigma.

How can you Make It OK? Start talking.

Mental illnesses are treatable health conditions just like a physical illness, such as diabetes. When we learn more and start talking openly about mental illnesses, we help to stop the stigma, change the culture and offer support for those living with a mental illness.

Many people often get tongue-tied or are just not sure how to respond when someone shares with them about their mental illness. Consider this, if you don't know what to say – think about what you would say to someone who just told you they had cancer or diabetes, and say that.

- "Can I drive you to an appointment or make a meal?"
- "I'm sorry to hear that. It must be tough."
- "I'm here for you when you need me."
- "How are you feeling today?"

Visit MakeltOk.org to learn more about the campaign and ["What to Say."](#)

Take the Pledge!

A first step in helping to stop the silence is to take the pledge to Make It OK. By signing this pledge, you're taking a stand against the mental illness stigma. Pass it on. Print it out. Tape it up. It can serve as a reminder to start more conversations and stop the stigma. Together, we can Make It OK. [Take the pledge and Make It OK.](#)

Interactive Online Learning Experiences

Dive into the Make It OK [interactive experiences](#) at your own pace to learn more about how you can help Make It OK.