



**It's OK**  
to have a  
mental health  
condition.

**Many of us do.**

## Mental health conditions are:



### **Common**

1 in 5 people in the United States experience a mental illness each year. They can affect anyone, regardless of age, race, gender, geography or occupation.



### **Treatable**

Mental illnesses are caused by things like genetics and trauma—they are not character flaws or a sign of weakness.



### **OK to talk about**

End the stigma by starting conversations that empower people to get the care and support they deserve.

Hope, healing and recovery are possible.

Learn more at **Make It OK.org**