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**