



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 .org**