## I PLEDGE TO: Make It OK

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## Three steps to Make It OK

NAME

**LEARN.** The more we learn about mental illnesses, the more common we realize they are.

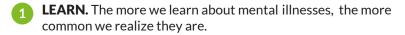
**TALK.** The more we talk about mental illnesses, the closer we come to stopping the stigma.

**SHARE.** Encourage others to join by taking the pledge online.

Start the conversation and get tips at MakeltOK.org

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