

I PLEDGE TO: **Make It OK**

NAME

Three steps to Make It OK

- 1 **LEARN.** The more we learn about mental illnesses, the more common we realize they are.
- 2 **TALK.** The more we talk about mental illnesses, the closer we come to stopping the stigma.
- 3 **SHARE.** Encourage others to join by taking the pledge online.

Start the conversation and get tips at MakeltOK.org

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