

1 in 5 PEOPLE

will experience a mental illness each year, and many don't get the help they need.



Stop the stigma

Here's what you can do.

Stigma perpetuates misconceptions and false beliefs about what a mental illness really is. Mental illnesses are more common than diabetes, yet we still struggle with talking about them compared to a physical illness. You can stop the stigma and create positive change by learning the tips for talking to someone with a mental health condition.

Visit [Make It !\[\]\(e3f8612927870f2e0f9f5989e6dd3064_img.jpg\) .org](https://www.makeitok.org)

Mental illness
Let's start talking.

Make It  .org



I have to go to the doctor today.

Just a checkup?

No. Not sure if you knew, but I've got depression.

...

What can you say?

Complete the conversation. Try these simple tips.

do say:

"Thanks for sharing."

"How can I help?"

"I'm sorry to hear that. It must be tough."

"I'm here for you when you need me."

"I can't imagine what you're going through."

"Can I drive you to an appointment?"

"How are you feeling today?"

"I love you."

don't say:

"It could be worse ..."

"Just deal with it."

"Snap out of it."

"Everyone feels that way sometimes."

"We've all been there."

"You've got to pull yourself together."

"Try thinking happier thoughts."

"You may have brought this on yourself."

Stop the Silence

TAKE THE PLEDGE

Mental illnesses are treatable health conditions.

They are not something to "get over".

Silence makes it worse.

Join the thousands of people who have already taken the pledge and start taking action on mental health issues.

Visit MakeltOK.org

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