



**Stop the  
silence.**

**Make It OK.**

**Offer support.**

## Help end stigma when someone opens up to you about their mental health:

- ✓ **Ask** if they want to talk
- ✓ **Show** kindness
- ✓ **Listen** without judgment
- ✓ **Stay** connected to help lessen feelings of isolation and loneliness
- ✓ **Offer** to help by sharing resources, making meals or driving them to an appointment

**988 is available  
to help 24/7**

**Call or text 988 or visit [988lifeline.org](https://www.988lifeline.org)** if you or someone you know is in a mental health crisis or needs immediate help or support.

Learn more at **Make It .org**