

# What is Make It OK

Make It OK is a community campaign to reduce stigma by increasing understanding and creating caring conversations about mental illnesses.



**It's OK to have a mental illness.** Many of us do.  
Nearly 1 in 5 Americans live with a mental illness.

## What is Stigma?

Stigma is a negative perception of a person because of their condition. People may delay seeking treatment or support because of stigma. The sooner people get treatment, the greater their chances of recovery.

## MENTAL ILLNESSES ARE COMMON

Mental illnesses are common (1 in 5) and treatable health conditions. In fact, they are more common than people with diabetes (1 in 10), and yet how we talk about these two conditions are very different. That's because of stigma. Mental illnesses can affect anyone, regardless of age, gender, race, religion or income.

Common mental illnesses include:

- Anxiety Disorders
- Depression
- Eating Disorders
- Attention Deficit/Hyperactivity Disorder
- Bipolar Disorder

*It's time to*

## START TALKING

We can end stigma by stopping the silence and having caring conversations about mental illnesses. Try these simple tips for talking with someone about mental illnesses:

- LISTEN
- BE KIND
- OFFER SUPPORT
- KEEP IN CONTACT

Thanks for opening up to me.

How can I help?

I'm here for you when you need me.

How are you feeling today?

Learn more at [Make It OK.org](https://www.makeitok.org)