

# Make It

ARE YOU PASSIONATE ABOUT STOPPING THE STIGMA OF MENTAL ILLNESSES?

## BECOME A MAKE IT OK AMBASSADOR

A Make It OK ambassador is someone who has a passion for reducing mental illness stigma in their community. An ambassador does not need to be an expert on mental illnesses, just someone who recognizes the need for increased understanding and creating caring conversations about mental illnesses through connecting, engaging and sharing the Make It OK message with others.

## 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.

## HOW DO I BECOME A MAKE IT OK AMBASSADOR?

Join us for a free, 2-hour training that will cover what it means to be a Make It OK ambassador, provide you with key messages and the tools and resources you will need to help talk about and share Make It OK with others.

Register to become a Make It OK ambassador at [MakeltOK.org](http://MakeltOK.org)

## HOW AMBASSADORS HELP TO MAKE IT OK

**LEARN** more about mental illnesses and what stigma is and its impact.

**TALK** openly with others about mental illnesses.

**SHARE** with others, encouraging them to learn more about what we can all do to Make It OK.

## TOGETHER

We can help stop the stigma and support those with mental illnesses to get the help and treatment they deserve and live their best life.

## TO LEARN MORE

Visit [MakeltOK.org](http://MakeltOK.org) for more information about the Make It OK campaign.