

I PLEDGE TO: **Make It OK**

NAME _____

Three steps to Make It OK

- 1 **LEARN.** Learn the facts about stigma, its impact and how to end it.
- 2 **TALK.** Talk in an open, informed, caring way, and stop the silence.
- 3 **SHARE.** Share the message of hope, and encourage others to take action.

Start the conversation and get tips at [MakeItOK.org](https://www.MakeItOK.org)

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