

I PLEDGE to make it

NAME _____

Three steps to Make It OK

- 1 LEARN MORE.** The more we learn about mental illnesses, the more common we realize they are.
- 2 START TALKING.** The more we talk about mental illnesses, the closer we come to stopping the stigma.
- 3 PASS IT ON.** Encourage others to join by taking the pledge online.

Start the conversation and get tips at MakeltOK.org

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