



## 1 in 5 people

will have some kind of mental illness in their lifetime, and many don't get the help they need.

## Stop the Stigma. Here's what you can do.

Stigma perpetuates misconceptions and false beliefs about what a mental illness really is. Mental illness is more common than diabetes, yet we still struggle with talking about it compared to a physical illness. You can stop the stigma and create positive change by learning the tips for talking to someone with a mental illness.

Visit [MakeItOK.org](http://MakeItOK.org)

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How to talk with someone about mental illness:

DO SAY:	DON'T SAY:
How can I help?	It could be worse.
Can I drive you to an appointment?	Just deal with it.
Thanks for sharing.	Snap out of it.
I'm sorry to hear that. It must be tough.	You may have brought this on yourself.
I'm here for you when you need me.	We've all been there.
I can't imagine what you're going through.	You've got to pull yourself together.
I love you.	Try thinking happier thoughts.

I PLEDGE to make it **OK**

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.

TAKE THE PLEDGE AT [MAKEITOK.ORG](http://MAKEITOK.ORG)

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**Mental illness.**  
Let's Start talking.

Make It **OK**.org

# What can you say? Complete the Conversation.



I'm really struggling with anxiety right now...

I'm sorry to hear that, do you want to talk about it?

I have depression and I can't seem to focus very well lately...

That must be frustrating, is there something I can do to help?

...

Make It **OK**.org

Are you worried about mental illness for yourself or someone you care about?

Are you feeling stressed, anxious, worried or not yourself?

Are you wondering who you can talk to?

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**Help is just a phone call away.**

It's NEVER too early or too late to get help and support!

## WASHINGTON COUNTY RESOURCES ADULT, CHILDREN AND FAMILY

- Tell your primary health care provider.
- Call Family Means\* at 651-439-4840
- Call Canvas Health\* at 651-777-5222
- Your EAP (Employee Assistant Program) through your employer

## YOUTH SPECIFIC

- Tell your primary health care provider.
- Ask your parent, school counselor, mental health provider, or other trusted adult for help.
- Call the Youth Service Bureau\* 651-439-8800

*\*sliding fee scales available*

## SUPPORT GROUPS

- Peer to Peer groups, [www.namihelps.org](http://www.namihelps.org) for details
- Family to Family 651-770-1436, Ask for Marie or Bob

If you're in a crisis, or need immediate help, call 911 or the Canvas Mental Health crisis line at **651-777-5222**.

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