



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

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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



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?

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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!