

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.

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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.
l love you.	Try thinking happier thoughts.

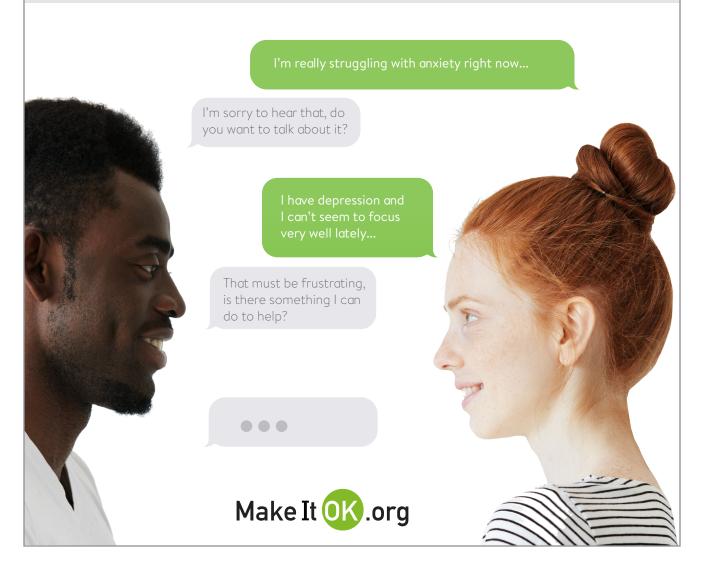




Mental illness. Let's Start talking.



What can you say? Complete the Conversation.



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?

Help is just a phone call away.

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