

Let's **Make it OK** to Talk About Mental Health

Make It OK is a community campaign to reduce the stigma of mental health by increasing understanding and encouraging caring, informed conversations.

Join us to start the conversation and:

- » Learn more about Make It OK, mental health, and the impact of stigma
- » Talk to help normalize the conversation—discover what to say and how to offer support
- » Share information and resources to connect people with the support and care they deserve

Date:

Time:

Location:



Scan code with your smartphone camera to access the registration form



Together, we can Make It OK. Learn more at [Make It OK.org](https://www.MakeItOK.org)