

# Do you want to learn how to **MAKE IT OK** to talk about mental illness in **your workplace?**

## Why we need to start talking...



### **1 in 5 Americans**

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



More work days are lost due to stress, depression and anxiety than any other illness.

Source: National Institute of Mental Health

The **Make It OK** campaign was developed to encourage individuals to talk more openly about mental illnesses. By implementing Make It OK, you can foster an environment where everyone feels understood and supported.

### **Make It OK in your workplace.**

Offer a 45 minute informational Make it OK presentation in your organization to start the conversation and help to reduce mental illness stigma. Contact [info@northlandhealthyminds.org](mailto:info@northlandhealthyminds.org) to request a presenter.

Note, presentation requests will be fulfilled on a first come, first served basis and based on presenter availability.

Learn more by visiting [www.northlandhealthyminds.org](http://www.northlandhealthyminds.org)