

I PLEDGE TO: **Make It OK**

NAME

Three steps to Make It OK

- 1 LEARN.** The more we learn about mental illnesses, the more common we realize they are.
- 2 TALK.** The more we talk about mental illnesses, the closer we come to stopping the stigma.
- 3 SHARE.** Encourage others to join by taking the pledge online.

Start the conversation and get tips at MakeItOk.org/lowa